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ENCYCLOPEDIA OF COOKERY



ENCYCLOPEDIA OF COOKERY

1001 RECIPES, MENUS
& RULES FOR MODERN,
SCIENTIFIC *and*
ECONOMIC COOKERY

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DEDICATION

TO THE WOMEN OF
A M E R I C A — ON
WHOSE KNOWLEDGE
OF N U T R I T I O N
LARGELY DEPENDS
THE HEALTH AND
GREATNESS OF OUR
PEOPLE AND OUR
COMING COUNTRY

P R E F A C E

T O M E N U S A N D R E C I P E S

WE have omitted from this work, all recipes calling for meat soups, blood-meats, pickled and cured meats, rich gravies and sauces, fried dishes, heavy rich desserts, pickles, condiments and white flour breads, hot biscuits, rich cakes, pastry, tea, coffee and hundreds of combination dishes which experience in Dr. Christian's practise has proved harmful to the human race.

Every recipe in this work has a specific purpose and place in the diet of man. They call for the best articles of food that can be procured and the combinations of food that form the various recipes and menus are strictly in accordance with the laws of chemical harmony.

All of the popular writers on the Food Question seem to assume that man's present system and methods of eating are correct. They merely undertake to tell him how to make up more dishes, more combinations, more concoctions; in other words, they tell him how to increase his mistakes. One book now before me

PREFACE

gives over 1,900 different recipes for preparing and compounding different dishes. It is safe to say that not one of these recipes was thought out and combined with the view of making it serve some specific purpose in the diet. They were merely put together so as to appeal to the appetite, and the appetite is a false guide.

Just as a little baby will bite into a cake of soap, man, the big baby, has bit into everything in the animal and vegetable kingdom—everything that grows is grist for his mill. What his instincts have rejected in the way of poisons, the medical profession have capsuled into his stomach and serumed into his blood. The net result of all this is, that measured by his period of maturity, man is the shortest lived animal on earth. He matures at the age of twenty-four and dies at the average age of forty-four.

The primary purpose of this book is to point out and correct these fundamental errors.

THE AUTHORS.

LEAVENED BREAD

BOSTON BROWN BREAD

No. 1

1 egg whipped	1 teaspoon of soda
1 cup of sour milk	½ teaspoon of salt
3 cups of corn meal	2 cups of sweet milk
1 tablespoon of sugar	1 cup of browned bread
1 cup of molasses	crumbs

Mix thoroughly the corn meal, bread crumbs, salt and sugar. Beat the egg thoroughly and mix it with both the sour and sweet milk. Add to this the soda which has been dissolved in the molasses, then stir in the corn meal and mix thoroughly. Oil cans well, fill almost full and steam for three hours; set inside of the oven to dry out when done. Small cans the size of one-pound coffee cans should be used.

NOTE.—Bread crumbs are to be made from white bread.

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BOSTON BROWN BREAD

No. 2

1 teaspoon of soda	1 teaspoon of salt
$\frac{3}{4}$ cup of molasses	1 cup of white flour
2 cups of coarse white corn meal	$1\frac{3}{4}$ cups of sour milk

Dissolve the soda in the sour milk; mix well all of the dry ingredients; add milk and soda to the molasses and gradually stir in the dry ingredients. Steam in cans three and one-half hours. Brown in oven before serving.

NOTE.—One cup of chopped raisins and nuts added to this makes it delicious.

BOSTON BROWN BREAD

No. 3

$\frac{1}{2}$ cup of brown sugar	1 cup of rye flour
1 teaspoon of baking soda	$\frac{1}{2}$ cup of N. O. molasses
2 cups of Christian's whole wheat flour	1 cup of sour milk or but- termilk
A pinch of salt	

Mix the sugar and molasses, then add the milk and soda and last, the flour. Turn into greased

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mould and boil in a kettle of water for two hours.

CHESTNUT GEMS

1/2 cup of milk	1/2 cup of flour
2 cups of hulled chestnuts	1 rounding teaspoon of
2 eggs	Rumford baking powder

Boil the chestnuts until tender; press through a colander; add the egg yolks, stiffly beaten, salt, milk and flour which has the baking powder sifted in. Last, fold in the stiffly-beaten whites and put in small, well-oiled gem or pop-over pan and bake in a hot oven twenty or twenty-five minutes.

RICE GEMS

2 eggs	2 cups of milk
1/2 teaspoon of salt	3 cups of flour
1/2 cup of cooked rice	3 rounding teaspoons of
2 tablespoons of butter	baking powder

Beat the eggs thoroughly. To this add the milk. Mix well all dry ingredients and add them slowly to the milk, then stir in the cooked rice and melted butter. Bake in well-oiled small gem pans twenty to twenty-five minutes.

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CROUTONS

Cut bread in slices, then in tiny cubes; put in pan with a bit of butter and bake in a moderate oven until well browned.

Serve with any kind of soup.

GRAPE TOAST

½ cup water	1 tablespoon of sugar
1 teaspoon of cornstarch	1 cup Welch's Grape
2 teaspoons of lemon	Juice
juice	Toast

Boil the grape juice, water, lemon juice and sugar together.

Thicken with the cornstarch which has been moistened with cold water. Pour over nicely toasted bread and serve hot.

WHOLE WHEAT FRUIT MUFFINS

1¾ cups of milk	1 egg
2 tablespoons of sugar	1 teaspoon of salt
3 rounding teaspoons of	¾ cup of chopped raisins
Rumford baking pow-	3 cups of whole wheat
der	flour
2 tablespoons of melted	
butter	

Mix two cups of flour with the salt, baking powder, butter and sugar. Add the milk and mix thoroughly. To this add the raisins, which have been well mixed with the third cup of flour and then fold in the stiffly-beaten egg.

Bake in a well-oiled muffin or pop-over pan in a hot oven.

NOTE.—Iron pop-over pans are always more desirable, because they are small, daintier and retain the heat uniformly, resulting in the bread being thoroughly baked.

CORN MEAL MUFFINS

1 egg, whipped	1 cup of milk
3 tablespoons of sugar	$\frac{1}{2}$ teaspoon of salt
1 tablespoon of melted butter	1 cup of white flour
1 cup coarse white corn meal	2 rounding teaspoons of baking powder (Rumford preferred)

Sift meal, flour, sugar, salt and baking powder together. To the stiffly-beaten egg add the milk and mix this with the dry ingredients and melted butter. Bake in muffin rings in a quick oven for twenty or thirty minutes.

RYE BREAD

2 cups of rye flour	$\frac{1}{2}$ yeast cake
2 cups of warm water	$\frac{1}{4}$ cup of warm milk
$1\frac{1}{2}$ teaspoons of salt	1 tablespoon of sugar

Dissolve the yeast in the warm water. Mix two cups of rye flour, salt and sugar thoroughly. Add to this the dissolved yeast and water and then the milk. Beat well with wooden spoon and set to rise in a warm place for one and one-half or two hours. After it has risen sufficiently, add rye flour enough to make a stiff dough. Beat this for ten or twelve minutes and let rise about two hours more. Then knead and place in a well-oiled bread pan and allow to rise again. Brush over the top quickly with warm water and bake in a moderately hot oven for one hour.

A few caraway seeds may be added if desired.

CHRISTIAN'S BRAN FLOUR GEMS

To one cup of flour, add one cup of milk. Mix thoroughly and bake in tiny iron gem or pop-over pans in a hot oven about thirty or



BRAN GEMS.



BRAN GEMS—SHOWING PAN TO BE USED.

thirty-five minutes. Fill the rings full and smooth off the top, so they will not be rough.

BRAN GEMS

1 cup of Christian bran	1 egg (beaten)
1 teaspoon of sugar	$\frac{1}{2}$ teaspoon of salt
Scant cup of milk	1 cup of whole wheat
2 rounding teaspoons of	flour
Rumford baking powder	2 tablespoons of melted butter
1 tablespoon of molasses	

Mix the flour, bran, salt, sugar and baking powder together. To the stiffly-beaten egg add the milk, and molasses gradually stirring in the dry ingredients and the melted butter.

Place in well-oiled muffin pans and bake for thirty or forty minutes in a hot oven.

CHRISTIAN'S WHOLE WHEAT FLOUR WAFFLES

2 cups of milk	2 eggs
2 rounding teaspoons of	1 teaspoon of salt
Rumford baking powder	1 tablespoon of melted butter

2 cups of Christian's whole wheat flour

Add to the stiffly-beaten egg yolks the milk,

E N C Y C L O P E D I A O F C O O K E R Y

salt, flour and baking powder, then the melted butter and last the stiffly-beaten whites of eggs.

Oil the waffle pans well, but do not fill too full of batter. Bake to a nice brown, dust with sugar and serve.

STEAMED CORN BREAD

1 tablespoon of butter	$\frac{1}{2}$ teaspoon of salt
1 egg stiffly beaten	2 tablespoons of sugar
$2\frac{3}{4}$ cups of sour milk	$\frac{3}{4}$ cup of white flour
4 cups of coarse white corn meal	1 teaspoon of baking soda

Dissolve soda in the sour milk. To this add the salt, sugar, flour and corn meal which have been well mixed together. Then stir in the melted butter and lastly add the stiffly-beaten egg. Steam two hours or more, then brown in oven.

STEAMED GRAHAM OR WHOLE WHEAT BREAD

$\frac{1}{2}$ cup of molasses	$\frac{1}{2}$ teaspoon of salt
$\frac{1}{2}$ cup of white flour	$1\frac{1}{2}$ cups of sour milk
1 rounding teaspoon of soda	1 cup of seeded raisins
	1 cup of white corn meal
$1\frac{1}{2}$ cups of graham or whole wheat flour	

Mix dry ingredients. Dissolve the soda in the sour milk and mix it with the molasses. Add to this the dry ingredients. Then fold in the raisins which have been rolled in flour. Put in small cans and steam three or four hours. Put in oven to dry out before serving.

WHOLE WHEAT AND GRAHAM BREAD

4½ cups of whole wheat	2 tablespoons of melted
or graham flour	butter
1 cup of white flour	1 tablespoon of salt
4 tablespoons of sugar	3½ cups of lukewarm
1 yeast cake	water or milk

Put three cups of whole wheat or graham flour in a deep mixing bowl. To this add sugar, salt and white flour.

Make a depression in the center and into this pour the melted butter and the 3½ cups of lukewarm water in which the yeast cake has been dissolved. Stir with a fork into a smooth, soft dough. Work in as little flour as possible, as whole wheat or graham dough should be soft when mixed.

Let this stand in the mixing bowl over

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night in a warm place, well covered, to rise. Next morning knead well, place in oiled pans, allow to rise thirty or forty minutes, then bake slowly for about one hour.

NOTE.—Whole wheat or graham flour should not be sifted.

NUT BREAD

Make the same as whole wheat or graham bread, but just before putting it into the pan to bake, fold in one cup of chopped nuts and, if desired, a few chopped dates and raisins.

FRESH CORN MUFFINS

1 egg	$\frac{1}{2}$ cup of milk
1 teaspoon of butter	$\frac{3}{4}$ cup of flour
3 ears of fresh corn	2 rounding teaspoons of
Salt	baking powder (Rumford preferred)

Pare off the tips of the grains with a sharp knife. Split each row through the center, and with a dull knife scrape out the pulp. To this add the beaten yolks and milk. Sift the baking

powder and flour into the corn and fold in the stiffly-beaten egg white. Bake in well-oiled gem pans, in a moderately hot oven, about thirty minutes.

The corn pulp can be put through a colander if too coarse.

VIRGINIA SPOON BREAD

2 eggs whipped	2 cups of hot milk
2 rounding teaspoons of	1 cup of boiled rice
Rumford baking pow-	2 tablespoons of butter
der	1 teaspoon of salt
1 cup of coarse white corn meal	

Add to the rice, the eggs, melted butter and salt. Heat milk to the boiling point and pour over the corn meal. Beat vigorously. Add the egg mixture to this and continue to beat. Add milk enough to make a thin batter. Add the baking powder last.

Bake in a hot oven and serve in a baking dish.

HEALTH BREAD

1 cup of sugar	Pinch of salt
½ cup of butter	3 cups of milk
1 cup of walnut meats	2 cups of raisins
2 cups of yellow meal	½ cup of molasses
3 cups of Christian's whole wheat flour	3 heaping teaspoons of Rumford baking powder

Mix sugar, molasses and butter together, then add the milk and the balance of the recipe in rotation as given.

Bake one hour in two or three loaves.

PEANUT BUTTER SCONES

Core, pare and chop fine, rather tart, juicy apples sufficient to make a cupful. Sift together half a cup of yellow corn meal with two tablespoons of flour and two rounding teaspoons of baking powder (Rumford preferred). Rub through the meal three heaping tablespoons of (Beech-Nut) peanut butter. Mix in the apples; add just enough boiling water to make a dough that can be shaped into cakes half an inch thick and the size of a codfish cake.

Bake slowly on a well-greased griddle, letting each side brown crisply.

Serve immediately with maple syrup or a sauce made by cooking together for five minutes a cup of good molasses, a tablespoon of peanut butter and, when done, add a few drops of lemon juice.

RICE BREAD

- | | |
|--|-------------------------------------|
| 1 cup uncooked rice | 1 tablespoon sugar |
| 1 teaspoon salt | 1 tablespoon of butter |
| 2 cups flour | $\frac{1}{2}$ cake compressed yeast |
| 1 cup lukewarm water, milk or a mixture of the two | |

Steam the rice with one-half of the liquid until it is soft. This is done better in a steamer than a double boiler. Put the sugar, salt and butter into the mixing bowl and pour over them the remaining liquid (one-half cupful), which the yeast has been dissolved in, and add half a cupful of flour. Mix well and allow this sponge to rise until very light, then add the boiled rice, which should have been cooled until lukewarm, and the rest of the flour. This dough will be thick and it will be difficult to work in the last

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portions of the flour. Allow the dough to rise until it has doubled its size, then form in a loaf; place in pans and allow it to rise until the pan is almost full, then bake.

DELICIOUS BREAKFAST MUFFINS, WITHOUT EGGS

2 tablespoons sugar	2 cups flour
2 tablespoons shortening	1 cup milk
2 rounding teaspoons	$\frac{1}{4}$ teaspoon salt
Rumford baking powder	

Mix the sugar and shortening until light and creamy, then add the milk, then the flour, baking powder and salt. Beat well and drop in hot greased muffin pans, and bake for fifteen minutes in quick oven.

HOME-GROUND WHEAT BREAD

$1\frac{1}{4}$ cups water or skim milk	$1\frac{1}{4}$ teaspoons salt
1 cake yeast	1 tablespoon sugar
2 tablespoons melted butter	3 cups home-ground wheat flour

Dissolve the yeast cake in the water or milk, which should be lukewarm. To this add the melted butter. Mix the sugar and salt with the flour, then add enough of the flour to the dissolved yeast cake and water to make a very soft batter, using about two-thirds of the flour. Cover and let stand over night. In the morning knead well, using the remainder of the flour, and put in greased tins. Allow to rise until double its bulk and bake.

ROLLED-OATS BREAD

1 cup boiling water	$\frac{1}{4}$ cup lukewarm water
$\frac{1}{4}$ cup brown sugar	1 cup rolled oats
1 teaspoon salt	$2\frac{1}{2}$ cups flour
$\frac{1}{2}$ yeast cake	

Dissolve the yeast in the lukewarm water. Pour the boiling water over the rolled oats, salt and sugar, and let stand until lukewarm; add the dissolved yeast and flour. Let rise until very light, knead thoroughly, and turn into buttered bread pans. Leave in a warm place to rise, and when the loaves have doubled their size, bake them an hour in a moderate oven.

FRUIT MUFFINS WITHOUT EGGS

1 cup sugar	1 cup milk
1 cup raisins	$\frac{1}{2}$ cup chopped figs
Pinch salt	2 rounding teaspoons
2 cups flour	Rumford baking powder
$\frac{1}{4}$ cup butter or cocoanut butter	1 tablespoon melted chocolate

Mix well sugar and shortening. To this add the flour, baking powder, salt and fruit, which have all been mixed together. Mix thoroughly and add the melted chocolate.

Drop in hot greased pans and bake from twenty to twenty-five minutes in moderate oven.

PEANUT BUTTER BREAD

3 cups of flour	1 egg
$\frac{1}{2}$ cup of sugar	1 cup of milk
2 rounding teaspoons of baking powder	1 teaspoon of salt
	$\frac{1}{2}$ cup of (Beech-Nut) peanut butter

Sift flour, salt and baking powder (Rumford preferred). Add sugar, milk and peanut butter; lastly, well-beaten egg. Put into bread pan



SOUTHERN CORN PONE.



SPOON-BREAD.

and let rise twenty minutes. Bake in rather slow oven forty-five minutes.

SOUTHERN CORN BREAD WITHOUT EGGS

2/3 cup sugar	1 cup milk
1 cup white flour	1 cup yellow corn meal
2 rounding teaspoons	Pinch salt
Rumford baking powder	2 tablespoons shortening (butter or cocoanut butter preferred)

clusion of an abundance of natural foods in the the milk, then flour and yellow meal, baking powder and salt.

Turn into a shallow (very shallow) baking sheet and bake for fifteen minutes in quick oven.

SOUTHERN CORN PONE

2 cups milk	1½ level teaspoons Rum-
½ teaspoon of salt	ford baking powder
2 cups of coarse white corn meal	1 tablespoon melted butter

Mix salt, baking powder and meal, add melted butter and milk. This will make a stiff batter. Make small oblong "pones" about half an inch

thick and place on well-oiled pan. Bake about thirty minutes in a moderate oven until brown.

CHRISTIAN'S WHOLE WHEAT NUT BREAD

2 cups Christian's unsift-	1-3 lb. brown sugar
ed whole wheat flour	4 rounding teaspoons of
(about 11 oz.)	Rumford baking powder
2 cups white flour (8 oz.)	2 cups of milk
$\frac{1}{4}$ lb. chopped nuts	1 egg
$\frac{1}{4}$ lb. chopped dates	2 teaspoons of salt

Mix well sugar, salt, nuts, dates and milk. To this add whole wheat flour unsifted, then white flour, into which baking powder has been sifted, and last, add the stiffly-beaten egg. Mix all thoroughly and divide into two loaves. Put into small, well-oiled pans, cover and keep in a warm place twenty-five or thirty minutes to rise, then bake in a moderate oven 50 minutes or more.

CHRISTIAN'S WHOLE WHEAT BREAD

3 cups Christian's whole	$1\frac{1}{4}$ teaspoons of salt
wheat flour	4 teaspoons of brown
$1\frac{1}{2}$ cups lukewarm milk	sugar
(but water can be used	1 teaspoon of butter
if preferred)	1 cake compressed yeast

Put the *unsifted* flour into the pan, make a depression in the center, and into this pour the lukewarm milk which has the dissolved yeast in it. Then add salt, sugar and melted butter. Stir and mix well with a fork until the flour has all been stirred in; to about the consistency of stiff batter. Cover with a cloth, set in a warm place over night. Next morning, knead well, but have the dough as soft as possible, then put into well-oiled and small bread pans. Cover and set in a warm place to rise about an hour, and bake in a moderate oven an hour or more until well done.

CHRISTIAN'S WHOLE WHEAT MUFFINS

3 cups of Christian's	2½ cups of milk
whole wheat flour	1 egg
3 rounding teaspoons of	3 teaspoons of sugar
Rumford baking powder	1 teaspoon of salt
2 teaspoons of melted butter	

Mix milk, sugar, salt, flour and melted butter, and last, the stiffly-beaten egg. Bake about thirty minutes in well-oiled gem or muffin pans.

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A cup of chopped nut meats may be added if desired.

BRAN NUT MUFFINS WITHOUT EGGS

1/2 cup sugar	1 cup shortening
1/2 cup N. O. molasses	1 cup milk
1 1/2 cups Christian's flour	3 rounding teaspoons Rumford baking pow- der
1 1/2 cups Christian's Vieno Bran	1 cup chopped walnut meats
1 tablespoon melted butter	Pinch salt

Cream the sugar and shortening, add the molasses, then the milk, then balance of recipe in rotation given; bake for thirty minutes in a moderate oven.

PEANUT BUTTER BRAN MUFFINS

3/4 cup whole wheat flour	1 egg, well beaten
1 cup bran	1 cup milk
1/4 cup sugar or syrup	1/2 teaspoon salt
1 rounding tablespoon butter or substitute	3 teaspoons baking powder
2 tablespoons Beech-Nut Peanut Butter	

Cream butter and peanut butter, add sugar, egg mixed with milk, lastly dry ingredients sifted together. Beat well, and bake in well-greased muffin pans, and not too hot oven.

PEANUT BUTTER CORN MUFFINS

1 egg, well beaten	1/2 cup milk
1/2 cup cornmeal	1/4 cup sugar or syrup
1/2 cup rye flour	1/2 teaspoon salt
1 tablespoon fat	2 teaspoons Rumford's baking powder

2 tablespoons Beach-Nut Peanut Butter

A little nutmeg, if desired.

Cream butter and peanut butter, add sugar, egg mixed with milk, lastly flour, meal, baking powder and salt sifted together. Beat well, and bake in well-greased muffin pans, in a rather quick oven.

UNLEAVENED BREAD

UNLEAVENED BRAN GEMS

1 cup coarse wheat bran	1 cup whole wheat flour
1 teaspoon salt	1 teaspoon sugar
1 cup milk, top of bottle	1 egg well beaten

Mix well the dry ingredients and add them to the milk, which should be very cold. Fold in the stiffly-beaten egg the last thing. Beat vigorously eight or ten minutes and bake in tiny iron gem or pop-over pans. The pans should be hot and well oiled. Fill the rings full and bake twenty or thirty minutes in a quick oven.

GRAHAM UNLEAVENED NUT CRISPS

1/2 cup graham flour	1/2 cup white flour
1/2 cup milk, top of bottle	2 tablespoons sugar
1/2 teaspoon salt	1/2 cup nuts, chopped fine

Mix all dry ingredients well and add slowly to the mixture a few drops of milk at a time. When all the milk has been added, knead thoroughly eight or ten minutes and roll thin; cut in squares, prick with fork and bake.

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WHOLE WHEAT OR GRAHAM UNLEAVENED GEMS

1 teaspoon salt	1 egg beaten
1½ cups milk, top of bottle	1 teaspoon sugar
	2 cups whole wheat or graham flour

To the stiffly-beaten egg yolk, add the milk and salt. To this stir in the dry ingredients a little at a time, beating vigorously six or eight minutes, and last, fold in the stiffly-beaten white. Bake in hot, well-oiled gem pans twenty or thirty minutes. Small pop-over pans should be used, and rings should be well filled. Milk should be very cold.

NOTE.—One-half cup of chopped nuts, raisins, or dates may be added if desired.

CORN MEAL MUFFINS (Unleavened)

No. 1

2 cups coarse white corn meal	2 cups sweet milk
	1 teaspoon salt
1 tablespoon melted butter	2 eggs

Add corn meal and salt to cold milk and bring to a boil, constantly stirring until it is a smooth mush. Remove from the fire and cool. Then add the stiffly-beaten yolks and melted butter. Beat vigorously three or four minutes, then fold in the beaten whites and bake in small muffin rings in quick oven fifteen or twenty minutes.

SOUTHERN BATTER BREAD (Unleavened)

1 cup coarse white corn meal	2 cups milk
2 tablespoons butter	1 teaspoon salt
	3 eggs

Add corn meal to milk and bring to boiling point, constantly stirring until it is a smooth mush. Remove from the fire, cool, and add the salt, the beaten yolks, then the melted butter. Mix thoroughly and fold in the stiffly-beaten whites.

Bake in a quick oven. Serve in dish baked in.

HOT WATER HOECAKE (Unleavened)

Southern Style

1 cup coarse white corn meal	2 cups boiling water
	1/2 teaspoon salt

Add the salt to the meal, then stir in enough boiling water to make a thick batter. Drop from spoon on hot oiled griddle and brown both sides. Cakes should be about one-quarter inch thick.

OATMEAL CAKES (Unleavened)

2 cups steel cut oatmeal 2 or 3 tablespoons butter
1 cup white flour 1/2 teaspoon salt
1/2 or 3/4 cup cold water

Mix flour, oatmeal, salt and butter thoroughly. Add to this enough cold water to make a stiff dough.

Knead well and roll into very thin cakes. Bake in a moderately hot oven until brown.

GRITS BREAD SOUTHERN STYLE

2 cups cooked hot grits 4 eggs

Add the beaten yolks to the hot grits and mix well. Stir in the stiffly-beaten whites, pour in the baking pan and bake thirty or forty minutes. Serve hot.

WAR BREAD

BARLEY BREAD

3 cups of barley flour	1 tablespoon of melted
3 cups of whole wheat flour	butter
5 tablespoons of sugar	1 compressed yeast cake
2 tablespoons of salt	3 cups lukewarm milk or water (preferably milk)
1 cup lukewarm water	

If a bread-mixer is not convenient, place flour, salt and sugar in a pan and mix well; make a depression in the center, then add melted butter and yeast cake, which has been dissolved in the cup of warm water, then add the milk and mix all thoroughly with fork. When finished it will be a thick batter. Cover and set in warm place over night to rise. Next morning turn the dough on a board and knead well, using either whole wheat or barley flour. Cut in four small loaves, place in pans over an oven or in a very warm place about an hour to rise, then bake in a slow oven an hour or more. If a gas oven is used, one blaze turned half on is sufficient heat.

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Small pans should always be used, so the center will cook thoroughly.

RICE BREAD

4 cups of whole wheat or	2 tablespoons of sugar
white flour	1 teaspoon salt
$\frac{3}{4}$ cup of brown or un-	1 tablespoon of butter
coated rice (cooked to a	$1\frac{1}{2}$ cups of warm milk
mush in salted water)	1 cake of yeast

Dissolve the yeast in the milk and add a cup of flour; let rise until light, which should be about six hours, then add the melted butter, sugar, salt and rice (which has been cooked, but is not too wet). The rice should be rubbed through a sieve into the bread. Work the remainder of the flour in gradually while kneading; cut in two loaves and set in warm place to rise about forty-five or fifty minutes. Bake in a slow oven about an hour.

OAT FLOUR BREAD

2 cups oat flour	1 tablespoon of melted
2 cups whole wheat or	butter
white flour	2 cups of warm milk or
2 tablespoons of sugar	water (preferably milk)
1 tablespoon salt	$\frac{1}{2}$ compressed yeast cake

If a bread-mixer is not convenient, place flour, salt and sugar in a pan and mix well; make depression in the center, then add melted butter and yeast cake, which has been dissolved in the cup of warm water, then add the milk and mix all thoroughly with a fork. When finished it will be a thick batter. Cover and set in warm place over night to rise. Next morning turn the dough on a board and knead well, using either whole wheat or barley flour. Cut in four small loaves, place in pans over an oven or in a very warm place about an hour to rise, then bake in a slow oven an hour or more. If a gas oven is used, one blaze turned half on is sufficient heat. Small pans should always be used, so the center will cook thoroughly.

RYE BREAD

2 cups of rye flour	1 tablespoon of melted
2 cups of whole wheat or	butter
white flour	2 cups of warm milk or
2 tablespoons of sugar	water (preferably milk)
1 tablespoon salt	1½ compressed yeast cake

If a bread-mixer is not convenient, place flour, salt and sugar in a pan and mix well; make a depression in the center, then add melted butter and yeast cake, which has been dissolved in the cup of warm water, then add the milk and mix all thoroughly with a fork. When finished it will be a thick batter. Cover and set in warm place over night to rise. Next morning turn the dough on a board and knead well, using either whole wheat or barley flour. Cut in four small loaves, place in pans over an oven or in a very warm place about an hour to rise, then bake in a slow oven an hour or more. If a gas oven is used, one blaze turned half on is sufficient heat. Small pans should always be used, so the center will cook thoroughly.

POTATO BREAD

2 mashed potatoes (medium size)	1 tablespoon of sugar 1 teaspoon of salt
2 cups of water potatoes are cooked in	1 tablespoon of melted butter
1/2 cake compressed yeast	1 1/2 cups white corn meal
About 2 1/2 cups of white flour	

Dissolve the yeast cake in a cup of the potato water (warm) and add to the dry ingredients which have all been well mixed, then add shortening, the remainder of potato water (warm) and the mashed potatoes. Beat well and put to rise in warm place over night or until double in bulk. Turn on board and knead, gradually working in the corn meal and enough flour to make a stiff, dry dough. Cut and shape into loaves and let rise thirty or forty minutes, and bake in a slow oven an hour or more.

CORN MEAL MUFFINS

1 cup of white corn meal	3 level teaspoons of Rum-
$\frac{1}{2}$ cup of flour	ford baking powder
1 tablespoon of sugar	$1\frac{1}{2}$ cups milk
1 tablespoon of butter or	1 egg
fat	

Sift together all dry ingredients and mix with the milk; add shortening, then add the stiffly-beaten egg. Pour in well-oiled muffin pans and bake in a hot oven.

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QUICK LOAF BRAN BREAD

1½ cups white flour	1 teaspoon sugar
1½ cups bran	1½ cups sweet milk
1 tablespoon molasses	1 tablespoon melted butter
3 rounding teaspoons baking powder	

Mix well and pour into well-oiled pan. Dip spoon in water and smooth off top, so the bread will not look rough when baked. Set the pan over a warm oven for about thirty or forty minutes to rise, then bake slowly forty or fifty minutes.

One-half cup chopped black walnuts added to the above recipe makes a delicious nut loaf.

A very small pan should be used to get best results.

BROWN BREAD

1½ cups of graham or whole wheat flour	1 cup of New Orleans molasses
1½ cups buckwheat meal	1½ cups of buttermilk
	1 teaspoon of soda
1 teaspoon of salt	

Dissolve soda in buttermilk, then add mo-

lasses and dry ingredients. Mix well, pour into mold and steam about four hours.

PEANUT BUTTER BREAD

2/3 cup peanut butter	4 level teaspoons Rum-
1/2 cup corn syrup	ford baking powder
1 level cup barley flour	1 level teaspoon salt
1/2 cup rice flour	1 cup milk

If peanut butter is not available put roasted peanuts through nut butter cutter of the food chopper. Add corn syrup to peanut butter and mix well. Mix and sift barley flour, rice flour, baking powder and salt, and add to first mixture alternately with the milk. Mix thoroughly and put in greased bread pan. Bake about fifty minutes in a moderate oven. Slice and serve when cold.

BOSTON BROWN BREAD

1 level cup oat flour	1 level cup barley flour
1 level cup corn meal	3 1/2 level teaspoons Rum-
1 level teaspoon salt	ford baking powder
3/4 cup molasses	1 3/4 cups milk or water

Put rolled oats through food chopper and use

one cup oat flour thus made. Add barley flour and corn meal sifted with baking powder and salt. Then add molasses and milk gradually. Mix thoroughly, fill greased baking powder tins two-thirds full, cover, put on trivet in kettle of boiling water, and steam three hours. Serve hot, cold, reheated, toasted, for cheese sandwiches, or made into milk toast. Dry brown bread crumbs may be added to ice cream.

OAT FLOUR MUFFINS

2 level cups of flour	1 cup milk
4 level teaspoons Rum-	1 egg
ford baking powder	2 tablespoons molasses or
1 level teaspoon salt	corn syrup
2 tablespoons melted shortening	

Mix and sift dry ingredients; add gradually milk, egg well-beaten, molasses or corn syrup, and melted shortening. Bake in greased gem pans twenty-five minutes. If iron pans are used they must be previously heated.

POTATO CORN MEAL MUFFINS

1 cup milk	2 level tablespoons sugar
1 level cup mashed potato	or corn syrup
1 egg	1 level cup corn meal
2 tablespoons melted fat	1 level teaspoon salt
4 level teaspoons Rumford baking powder	

Mix milk and mashed potato, add egg beaten, melted fat, and sugar or corn syrup. Mix and sift corn meal, salt and baking powder, and add to first mixture. Beat thoroughly and bake in hot oven in greased muffin pans. This makes twelve muffins.

SOUPS

The following recipes for soup are given, not because I recommend its use, but because soup has become a staple part of the ordinary diet, and experience shows that it is always better in any reform work to proceed on lines of least resistance. In order to promote digestion and preserve the integrity of the teeth, our food should be taken in hard or solid forms, exactly the opposite of soup. This induces thorough mastication and delegates to the teeth, instead of to a pot, the delightful task of making soup.

The harmful effects, however, of the soup-taking habit may be partially overcome by taking it slowly with some very hard cracker that requires thorough mastication.

Since soups will be used, the following recipes are given as the best articles from which they can be made.

CHEESE SOUP

A bit of chopped parsley 1 pt. rich cream
1½ cups of flour Speck of cayenne
4 tablespoons butter
 4 tablespoons grated parmesan cheese

Mix one and a half cups flour with one pint rich cream, four tablespoons each butter and grated Parmesan cheese with a speck of cayenne; place the basin in another of hot water and stir until the mixture becomes a smooth, firm paste; break into it two eggs and mix quickly and thoroughly. Cook two minutes longer and set away to cool. When cold roll into little balls the size of a walnut. When the balls are all formed, drop them into boiling water and cook gently for five minutes.

Put into a soup tureen and pour two quarts of rich chicken broth over them and sprinkle with chopped parsley.

Pass a dish of finely-grated Parmesan cheese with the soup.

BOSTON' CLAM CHOWDER

6 white potatoes	1 qt. milk
1 qt. clam broth	1 qt. water
25 clams	3 hard boiled eggs
1 teaspoon chopped parsley	2 tablespoons butter
3 large onions	Salt and pepper
	2 tablespoons flour

Chop the potatoes and onions, add them to the quart of boiling water, add the clam broth and let cook until vegetables are tender; then add the milk, let come to boiling point and add the butter, mixed well with two tablespoons flour; turn that into the soup, then add the clams chopped, one teaspoon chopped parsley, pinch baking soda and serve.

CLAM STEW

2 tablespoons butter	2 tablespoons flour
1 qt. clam broth	1 qt. milk
15 clams	1 teaspoon chopped parsley
Salt and pepper	

Melt the butter and add the flour, stir well and add the milk; stir until it thickens, then add the broth, clams, seasoning and serve.

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CABBAGE SOUP

Shave a head cabbage fine, boil till tender in water needed for soup, add a tablespoon sugar, salt and pepper to taste; drop in dumplings made from the following recipe, and when ready to serve add butter and sweet cream to taste.

Serve very hot. It is delicious and nutritious if properly made.

DUMPLINGS FOR CABBAGE SOUP

1/2 cup milk	1 teaspoon baking powder
1 egg beaten	Pinch salt and flour

Beat the egg light, add the milk, mix the flour, salt and baking powder together and stir enough into the egg to enable you to drop from a teaspoon.

PEANUT BUTTER CREAM SOUP

1 qt. milk	1 bay leaf
1 small onion, grated	3 stalks celery, chopped
1 tablespoon flour	1 saltspoon celery salt
1 tablespoon butter	A little white pepper
1 cup Beech-Nut Peanut butter	1/2 teaspoon salt
	A dash of paprika

Heat the milk in a double boiler. Add the peanut butter, onion, bay leaf, chopped celery, and other seasonings. While the milk is heating, melt the butter in a separate dish, stirring in the flour as for a cream sauce. When smooth, add the hot milk, after straining through a sieve. Serve at once with croutons.

CHESTNUT SOUP

1 qt. shelled chestnuts	1 qt. milk
2 tablespoons butter	1 tablespoon flour
Salt and pepper to taste	(heaping)

Blanch the chestnuts and boil until soft in enough salt water to cover, then rub through a fine sieve with potato masher. Melt the butter, mix smooth with the flour and add the milk; stir until it thickens, add the chestnuts, season and serve.

PUMPKIN SOUP

(Delicious)

6 stalks celery	1 tablespoon butter
1 small onion	Salt, pepper
1 pt. rich milk or cream	1 small pumpkin
3 pints of boiling water	

Put the pumpkin, peeled and sliced, into a large saucepan with the celery chopped fine, then butter, salt, pepper and onion chopped fine; cover with three pints of boiling water; boil until vegetables can be rubbed through the sieve, return to saucepan, set it over the fire, add the milk or cream, boil up once and serve.

If you use milk instead of cream, add a tablespoon more butter blended with flour to thicken and make richer. Add a bit of chopped parsley just before serving. This makes about a pint.

FRUIT SOUP

To one quart of water add a flavor of orange or lemon rind, a small stick of cinnamon, a dash of salt, and allow to come to a boil. Stir into this two cups of any fruit desired and cook until the fruit is soft. Dissolve arrowroot, sago or tapioca and add while cooking until it comes to the consistency desired. Press through a sieve. When cool, flavor as desired. Garnish with any chopped fruit or nuts and serve in sherbet or ice cream cups.

APPLE SOUP

No. 1

1 lb. good cooking apples 2 qts. chicken broth
3 cloves White pepper
Cayenne pepper and ginger to taste

Peel, quarter and core the apples, stew in the chicken broth until tender, rub all through a puree sieve, add the balance of the recipe, boil up once and serve.

APPLE SOUP

No. 2

18 large apples 2 cups sugar
1 lemon 1-3 lb. currants
1-3 lb. raisins

Pare, core, then slice six of the largest of the apples; cook till tender in a very little water, adding one small cup sugar, and the juice of the lemon. Remove from the fire and cool.

Slice the balance of the apples without peeling and cover with two quarts of water, add

the raisins and currants, cook until tender, add the other cup of sugar, cook up once, strain through a puree sieve and pour this over the sliced apples and serve.

In winter it can be served hot, and in summer should be served cold with a piece of ice in center.

Serve with salted crackers.

VEGETABLE BROTH

Use equal parts of carrots, turnips, potatoes, parsnips, cabbage, celery, and a half portion of onion.

Grind in vegetable mill. Add to this a heaping tablespoonful of rice; cook in an abundance of water about forty or forty-five minutes. Strain and season to taste.

This can be put in covered jars in refrigerator and kept several days. Warm and serve as needed.

NOTE.—Okra should be added to this if in season.

This is especially recommended for those suffering from impaired digestion, acidity and fermentation.

VEGETABLE SOUP

1 small onion	2 medium size potatoes
1 cup corn	1 cup stewed tomatoes
2 cups milk (top of bottle)	1 teaspoon salt
1 small carrot	Butter, size of walnut

Cut potatoes, onion and carrot in dice and cook in boiling salted water. When tender add tomatoes and corn, then to this heated milk and butter. Heat all together and serve.

VEGETABLE OYSTER CREAM SOUP

2 cups water	3 cups milk
Butter, size of walnut	1½ teaspoon salt
1¾ cups vegetable oysters	

Cut oysters into dice. Add water and salt. Boil until tender then take half of them and put through a strainer or colander. Add to this (puree) the remainder of oysters and milk

which has been heated. Let all boil again. Season with pepper, salt and butter.

Serve with croutons. A bit of chopped parsley or celery salt will improve this.

DRIED BEAN OR PEA SOUP

1 qt. water
1 teaspoon salt

1 cup dried beans or peas
1 tablespoon grated onion

Wash beans or peas and soak in cold water over night. Then drain, cover with cold water and bring to the boiling point. Drain again, cover the beans again with one quart of cold water and cook two hours or until tender and strain through a sieve, using both pulp and water. Add to this the grated onion and salt. Cook about ten or fifteen minutes. Take quantity of the puree needed for soup and add sufficient milk and water to bring to the consistency desired. Boil again and serve.

The remainder of bean or pea purée may be set in a jar in cool place and used when needed.

Lentil soup can be made in the same way.

POTATO SOUP

1½ cups diced potatoes 2 cups milk (top of bot-
1 small onion tle)
2 cups boiling water 1 teaspoon salt
Celery salt

Cut potato into dice. Slice onion and put both into boiling water. When barely cooked, take out two-thirds and put through colander. Add to the strained potato, milk, butter, salt and pepper, and remainder of diced potatoes. Boil all together two or three minutes. Add a dash of celery salt and serve.

VIENO CEREAL SOUP

3 cups of rich milk 1 tablespoon of butter
Small piece celery chopped fine, or celery salt
4 tablespoons Christian Vieno Cereal

Add one and one-half cups of water to cereal and celery. Cook in double boiler an hour or more, strain, then add milk and butter, cook fifteen or twenty minutes more and serve.

VEGETABLE CHOWDER

1½ pt. split peas	1 qt. water
6 onions	½ cup rice
2 tablespoons butter	2 tablespoons flour
1 pt. strained tomato	1 clove of garlic
Salt and pepper	1 carrot, diced

Soak peas in cold water over night and drain. Then add the quart of water and one teaspoonful of salt, boil one hour. To this add the sliced onions, butter, salt, pepper and carrots. Place all in covered casserole dish and just cover with water. Bake until tender. While these are cooking boil the rice until tender, drain through colander, place on pan in oven for two or three minutes until dried out.

By the time the vegetables have cooked, the water in the casserole should be very low. Thicken this lightly and pour vegetables and all on platter. Make a sauce of the strained tomato, chopped garlic, salt and pepper, thicken.

Pour over all and serve.

CORN CHOWDER

4 potatoes, medium size	1 pt. milk
3 tablespoons flour	12 ears corn
2 medium sized onions	1 tablespoon butter
Yolk of one egg	3 or 4 pods of okra
2 tablespoons cream	1½ pt. boiling water
1 clove garlic (cut fine)	1 teaspoon salt

Pare and cut the potatoes into dice; peel and slice the onions. Cut each row of grains of corn down the center and scrape down the pulp. Place a layer of potatoes on the bottom of casserole dish, then the okra sliced, the garlic, the onion, a layer of corn, salt, pepper, and butter, and so on until the vegetables have all been used, having the corn on top. Add the water, cover dish and bake in oven forty or fifty minutes, or until vegetables are thoroughly cooked. Rub the flour in a spoonful of milk until dissolved, then add to the remainder of milk, stir over blaze until boiling and add to the chowder. Stir all gently.

Bake five or ten minutes more, beat the yolk of egg with two tablespoons cream and stir in the last moment. Serve in the tureen.

CHICKEN SOUP

1 chicken	$\frac{1}{2}$ cup rice
2 qts. cold water	2 pieces of celery
2 teaspoons salt	

The chicken selected should not be too fat. After it has been drawn, wash, wipe and trim all parts thoroughly and be careful to remove the oil bag. It should be cut as for fricassee, cover with the water and boil until it is tender, then take the chicken out of the water and add the rice, which has been well washed, and celery, which has been chopped fine, and salt. Cook all until rice is well done. Chop fine the white meat, mix with soup and serve.

NOTE.—The bony pieces only may be used for soup if desired and the white meat used in other ways.

CHICKEN AND RICE SOUP

Make same as a purée of rice, using less rice and a larger amount of broth or milk to bring to the consistency desired.

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CHICKEN AND GREEN PEA BROTH

1 pt. chicken broth	1 pt. green peas
1 teaspoon salt	1 teaspoon butter

Cook peas until tender, put through a sieve and add to broth. Cook about ten minutes. Add salt, butter, and serve. A tablespoon of finely chopped mint may be added if desired.

CHICKEN AND CHESTNUT BROTH

1 pt. chicken broth	12 chestnuts
½ cup milk	½ teaspoon salt

Peel chestnuts, cut in pieces and cook in broth until tender. Mash through a sieve. Add milk. Bring to a boil, add salt and serve.

CHICKEN AND BEET BROTH

1 boiled beet	1 pt. chicken broth
½ teaspoon salt	1 tablespoon cream
Pepper	

Add to broth the beet, grated. Bring to a boil. Add salt, pepper and cream.

FISH SOUPS

Fish soups may be made as rich or as thin as liked, but about one pound of fish to a pint of water and season with a little onion, butter, salt and pepper.

When stock is required rich, it can be done by adding more fish to the amount of water. The liquor in which salmon has been cooked makes an excellent foundation for fish soup. With the exception of the richer kinds, such as herrings, mackerel or sprats, almost any fish is suitable for soup.

The thickenings used for fish soup are potato flour, browned bread crumbs, cream, butter rolled in flour, ground rice, cod, roe, lobster, spawn or caviar, beaten to a paste. Yolks of eggs, either raw, or hard boiled and pounded smooth in olive oil may be used.

Cloves or garlic may be added to flavor.

CLAM CHOWDER

50 clams	1½ lb. of bacon
2 cups of milk or cream	1 onion, medium size
3 large potatoes	1 tablespoon of butter
1 teaspoon of salt	2 tablespoons of flour
1 cup of stewed tomatoes	A bit of mace and thyme
Salt and pepper	3 or 4 hard water crackers

Put the clams into a saucepan in their own liquor and boil three or four minutes, then remove the clams and return to the fire. Slice the bacon and put into a saucepan.

Chop the onion and fry with the bacon until both are brown, then stir in the flour and when cooked a few minutes add the clam liquor and seasonings, then add the boiled potatoes, cut in dice, and stewed tomatoes. Cover the saucepan and simmer for fifteen or twenty minutes without stirring.

While this is cooking add milk and rolled crackers and clams cut in pieces.

Stir well just before serving.

CREAM SAUCE FOR MAKING CREAM SOUPS

To two tablespoons of melted butter add two tablespoons of flour, corn starch or arrow root. Cook five minutes. Add one and one-half cups of rich milk or cream. Add a little onion, celery and a dash or two of nutmeg. Stir well and cook ten minutes. Skim and strain, add a tablespoon of butter, salt and pepper to taste. Cornstarch or arrow root is recommended for the thickening if the digestion is impaired.

Any vegetable cream soup can be made by cooking the article desired, pressing it through a coarse sieve or colander and blending it with this *cream sauce*.

CREAM OF RICE SOUP

3 cups milk	$\frac{1}{4}$ cup rice
2 or 3 slices of onion	2 tablespoons butter
1 tablespoon salt	2 cups water

The rice and onion should be allowed to boil until very tender, strain through colander, then

add butter, hot milk and salt to taste and boil again. Celery salt improves the flavor. No thickening is required.

CREAM OF ASPARAGUS

6 pieces asparagus	1 pint water
1 pt. milk	Butter
Salt and pepper	

Scrape asparagus and cut in small pieces. Put them into a saucepan, pour water over and boil until tender. Press through sieve or colander. Return the pulp to saucepan and add milk, butter, pepper and salt. Thicken with cornstarch (dissolved in milk) to the consistency desired and serve with croutons.

CREAM OF CHESTNUT SOUP

1 cup mashed chestnuts	3 cups milk
1 teaspoon salt	Pepper
Butter, size of walnut	

Boil chestnuts, remove shells and mash through colander. To this purée add milk and

butter heated. Thicken with cornstarch until about as thick as cream. Season with salt and pepper. Serve.

CREAM OF PEA SOUP

1 can peas	3 cups milk
1 teaspoon salt	1 cup water
Pepper	$\frac{1}{2}$ teaspoon sugar

Add water to peas and boil until tender. Put through colander. To this add the milk and butter, which has been heated, and enough cornstarch to make consistency desired.

Dried peas can be used if soaked over night and cooked thoroughly.

CREAM OF OATMEAL

1 teaspoon sugar	2 tablespoons chopped
2 tablespoons olive oil	onion
1 cup water	Celery salt, pepper and
1 cup milk	salt
2 tablespoons flaked oats	2 tablespoons whipped
	cream

Brown or slightly burn sugar in saucepan. Add chopped onion, shake or stir constantly until brown. Add to this the olive oil, milk and water. When this comes to a boil add flaked oats and allow to simmer forty-five or fifty minutes. When ready to serve add a dash of celery salt and whipped cream.

OATMEAL CREAM SOUP

2 cups milk	3 cups water
Butter, size of walnut	1½ cup chopped mush-
1 small onion	rooms
1½ cup oatmeal	

Place chopped onions, oatmeal, butter, salt and water in top of double boiler. Boil hard first, then place in bottom of boiler and cook about two hours. Put through colander, add milk, which has been heated, and chopped mushrooms, which have been broiled. Boil all together again and serve.

CREAM OF TOMATO

1 qt. can tomatoes	1 qt. water
1 qt. milk	½ teaspoon sugar
2 tablespoons butter	1 scant teaspoon soda
1 teaspoon salt	Pepper

Select a good quality of tomatoes, to this add one quart of water, boil until the whole is reduced to about one quart, then strain. Boil again and add soda, stirring constantly. Add to this sugar and pepper. Dissolve cornstarch in water and stir this into the strained tomato until it thickens to the consistency of heavy cream. While the tomato is boiling add the boiling milk, stirring constantly. Boil the whole and add salt and serve.

The milk should be put in double boiler with butter and cook until ready to mix. Serve with croutons.

CREAM OF ALMOND

Brown a cup of blanched almonds until crisp. Pound fine and cook ten minutes in a cup of

milk and a cup of water, blend this with the *cream sauce*. Garnish with powdered almonds, peanuts or cracker crumbs.

CREAM OF CORN SOUP

1 qt. can corn	2 tablespoons butter
1 qt. milk	Salt and pepper

Put corn in saucepan and cover with water. Cook over a slow fire until tender, then strain through colander. To this add the milk and butter and bring to boiling point, then thicken with cornstarch or flour to the consistency desired. Do not add salt until ready to serve, as it sometimes curdles the soup.

Cream soups should always cook a few minutes after thickening is added.

CREAM OF CORN AND TOMATO

Make the same as cream of tomato, only cook well, one can of corn, put through colander, and add to tomato soup. Delicious!

CREAM OF POTATO SOUP

2 medium sized potatoes 1 or 2 slices onion
1 pint milk 2 tablespoons butter
1 tablespoon chopped parsley

Wash, peel and slice potatoes and onions. Salt and cover with water and boil until soft. Put all through strainer, then add milk and boil down to consistency desired. No thickening is needed.

Salt and pepper to taste. When ready to serve, a pinch of chopped parsley should be placed in each plate.

CREAM OF CELERY SOUP

Large stalk of celery ½ teaspoon salt
1 pint water 1 pint milk
Butter, size of a walnut

Wash and clean celery thoroughly, cut fine. Cover with water and boil until tender. Put through a sieve. Add milk, and butter size of

walnut. Let this come to a boil and thicken with cornstarch or a little flour, thickening to consistency desired. Salt to taste.

Serve with croutons, which are made of tiny squares of bread toasted.

TOMATO VERMICELLI

1 cup vermicelli	1 qt. tomato
2 tablespoons chopped celery	1 tablespoon grated onion
1 tablespoon salt	1 tablespoon butter
	Pepper

To one quart strained tomato add vermicelli, celery and onion and cook until tender. To this add butter, salt and pepper. Serve.

OKRA SOUP

1 cup chopped okra	1 tablespoon grated onion
1 cup water	1 cup strained tomato
1 teaspoon salt	Tablespoon butter
	Pepper

To the chopped okra add water and onion. Boil until tender. Put through the colander.

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Add tomato, salt, butter and pepper. Bring to a boil and serve. If thick soup is desired add a little moistened cornstarch.

CREAM OF TURNIP

6 turnips	3 cups water
1½ teaspoon salt	2 tablespoons butter
1 teaspoon sugar	Pepper

Peel and slice turnips, cover with water, add sugar, pepper, salt and butter. Cook all until soft. Put through a sieve and serve.

If thick soup is desired, add a little dissolved cornstarch.

OYSTER BISQUE

1 stalk celery	1 pint water
6 tablespoons cream	1 teaspoon butter
1 teaspoon chopped parsley	1 teaspoon salt
	6 oysters

Clean and chop celery. Add water and salt, boil 30 or 35 minutes and press all juice from

celery. Boil again and add oysters which have been washed and drained. Stir until it reaches the boiling point again. Add cream and serve.

Add a pinch of chopped parsley to each cup of bisque.

CREAM OF SPINACH

1 pint spinach	1 cup water
1 pint milk	1 teaspoon salt
1 tablespoon butter	

Wash and clean spinach thoroughly. Put into pot and cover with the water. Boil until tender, chop or put through grinder, then add milk, butter, salt and allow to boil. Put through sieve, thicken with a little cornstarch. Add pepper and serve.

Lettuce or watercress can be used in the same way.

FISH

Fish is an excellent article of food and might with advantage enter much more largely into our family diet than it does at present, as it would not only afford a pleasant variety, but would supply certain elements of nourishment which are not obtained in sufficient quantity from either meat or vegetables. From the standpoint of economy, too, fish should receive special attention from the housewife.

Fish should be well cooked. It is both unpalatable and unwholesome when underdone, as the mode of cooking greatly affects its food properties. Plain boiling, baking, broiling and roasting are the best methods of cooking.

PLANKED SHAD

The plank should be made of hardwood about an inch thick. Heat the plank and oil well. Place the fish on plank skin-side down. Dust with salt and pepper, baste with butter and broil under the gas blaze until almost done. Have ready mashed potatoes, beaten lightly. Press through a pastry bag in an ornamental design around the fish. Around this put fresh peas, mushrooms, and carrots cooked. Place in the oven again until brown.

Garnish with parsley and lemon. Serve.

BAKED FISH

Clean thoroughly and stuff with brown bread crumbs. Season with pepper, salt, butter and sage or onion, dot with butter and bake about fifteen minutes for each pound. Braise while hot with a sauce made of creamed butter, minced parsley, chives or olives and lemon juice.

BOILED FISH

It is necessary to use an old napkin or cheese-cloth under a fish when boiling in order that it can be removed from the kettle without breaking. Large fish must be cooked very gently, or the outside will break before the inner part is done, thus creating a waste and spoiling the appetizing appearance of the fish. Always remove all scum and keep the fish simmering until done. In boiling fish, allow five to ten minutes to the pound according to thickness.

To test, pass a knife along a bone and if done the fish will separate easily.

Remove the moment it is done or it will become insipid.

BOILED FISH A LA COURT BOUILLON

4 qts. water	1 onion
1 carrot	2 cloves
2 tablespoons salt	1 teaspoon pepper
1 lemon (juice only)	1 bunch sweet herbs

Place all the ingredients in the cold water and boil one hour, then place the fish in the stock and simmer until done.

Serve with any sauce desired.

BROILED FISH

Fish weighing between one-half and four pounds are best for broiling. The small fish should be grilled whole and the larger variety scored or split down the back.

See that the fish is properly cleaned, wipe dry and with a cloth, and rub with lemon, then olive oil, season with salt and pepper. Any kind of broiler can be used. Heat before using and then rub over with melted butter, olive or coconut oil before placing the fish on it. When broiled, place it on a hot platter, pour hot butter over it, then a little chopped parsley and garnish with slices of lemon.

Broiled fish may be either masked with a sauce tartare, tomato, curry or any sharp sauce, or served upon a purée of sorrel, tomatoes or beans, or upon an olive or caper sauce.

COLLARED FISH BOILED

A side of salmon, a mackerel, or a piece of sturgeon will make a fine collar. Split the fish, remove the head, tail and fins, but do not skin it; wipe dry, rub well both sides with salt, spices and very finely chopped herbs; roll as tight as possible, tie securely with broad tape and put a cloth around it; place it in boiling hot water and add one cup of lemon juice to each quart of water, two crushed bay leaves, salt and sweet herbs. Simmer until done, then take the fish up, reduce the liquor by boiling, strain, and when cold, pour over the fish.

The fish need not be removed until just before serving.

COLLARED FISH BAKED

A side of salmon, a fine mackerel or a piece of sturgeon will make this dish. Split the fish, remove the head, tail and fins, season inside and out by rubbing with salt, pepper and sweet herbs. Now tie with a clean, wide tape as tight

as possible, place in a baking dish or pan and slice one large or two small tomatoes over the fish and one bay leaf in the pan, one tablespoon of butter, and one cup of warm water; bake in a moderate oven for about one hour, and serve with an oyster or anchovy sauce.

CRIMPED FISH

The fish must be as fresh as possible. Cut into nice shaped slices about two inches thick, and put into saucepan of hot, salted water, boil for about five minutes, then remove carefully and place on a towel to dry.

Season, dredge over with flour and broil slowly. Serve with anchovy, oyster or caper sauce in the dish.

Salmon, cod, shad, rockfish, bass and halibut are best crimped.

CURRIED FISH

Salmon, cod, eels, flounders and flat-fish may be made into curries, and must first be carefully

boned, then browned either in the oven or broiler. Add one onion chopped fine to a tablespoon of butter, allow it to simmer in butter until a delicate brown, then add one tablespoon flour, one teaspoon curry powder, salt and pepper, one teaspoon chopped parsley and one pint of water, stir constantly until it thickens, then pour it over the browned fish and allow it to sauté for about five minutes.

Garnish with one hard-boiled egg, grated and sprinkle it over the top of fish on platter, surround with parsley and serve.

FISH IN LEMON CUPS

2 cups chopped celery	1 small onion (grated)
Salt and paprika	1 cup mayonnaise
1 cup of minced Tuna fish	
1 small green pepper chopped fine	

Mix all together and fill into lemon cups. Place the lemon cups on white lettuce, cover the top with mayonnaise and sprinkle with paprika.

When making the lemon cups, slice a very

thin slice from the bottom in order that they will stand, then cut off the top and scoop out the inside with a teaspoon.

Cod, halibut or shrimp can be used for this.

FISH CAKES

Codfish or any left-over fish can be used. Use equal parts of potatoes (mashed) and fish, one chopped onion (small), one teaspoon chopped parsley, salt and paprika, one egg. Mix all together, form into cakes, cover with flour, lay on a pan which has been greased with olive oil, then dot each cake with a little butter and brown, then turn, brown other side and serve with an egg sauce.

FILET OF SOLE

This in our country means filet of flounder, as we have no sole caught in American waters.

Wash the filet well and rub dry, sprinkle with salt and pepper, dip in egg, roll in cracker meal

and lay on a baking dish greased with olive oil; grill under a flame until a golden brown, turning often, and serve with a tartare sauce, and garnish with lettuce or parsley.

FRICASSEED FISH

The fish to be fricasseed should be first slightly browned in olive oil until half done, then slowly stir in a gravy made savory with spices, one onion, a bunch of sweet herbs, and the juice of one lemon. Use sufficient water to cover the fish. When done, thicken the sauce with the yolk of an egg and serve all together on a dish garnished with slices of lemon. Delicious!

SCALLOPED FISH

Boil a cup of oyster liquor, or milk, thicken with a little flour mixed with butter, a teaspoon chopped parsley, a slice or two of green pepper, salt and pepper to taste. Put a handful of fine bread crumbs on bottom of buttered dish and cover with above sauce, then put in a layer of

fish cut in small pieces; have three hard-boiled eggs chopped fine and put a layer of eggs next, then more sauce, fish, and so on, leaving out bread crumbs until dish is filled, then put a thick layer of bread crumbs over the top and dot with butter.

Cover and bake until done through, then remove cover, brown and serve.

STUFFED SHAD

Wash well, wipe dry and rub with salt, pepper, and lemon. Make the following bread stuffing, fill the fish and sew up carefully, then lay in baking dish and slice one onion, one carrot, and two tomatoes over the fish; add one cup water to the pan and two tablespoons butter or olive oil. Bake in a moderate oven an hour, basting every fifteen or twenty minutes, then lift the fish onto hot platter and strain the gravy over it.

Garnish with lemon and watercress.

BREAD STUFFING FOR FISH

1 small loaf bread	1 small onion
1 teaspoon chopped parsley	1 cup milk
1 tablespoon butter	1 teaspoon thyme
1 egg	Salt and pepper

Toast half of the bread and cut the crust from the other half. Melt the butter in a saucepan and let the onion simmer, then add the milk, and let boil. Now mix the toast and plain bread with the boiling milk, then the balance of recipe; mix well and fill the fish.

FISH DRESSING

2 cups bread crumbs	1 well beaten egg
1 cup mashed potatoes	1 tablespoon butter
1 teaspoon savory and sage	1 dozen chopped clams

Moisten with rich, warm milk, salt and pepper to taste.

Excellent!

SHAD ROE, GRILLED

Soak in one cup of water and half cup lemon juice for an hour before cooking. Then rub dry with a clean towel, dip roe in egg and roll in flour; lay on a small dripping pan and place under the flame until brown; serve on crisp lettuce, garnished with lemon.

FISH CROQUETTES

Stir together in saucepan over the fire one tablespoon butter, one tablespoon flour, add one cup milk, making a thick sauce; season with salt, pepper, parsley or onion juice, and put in one pint cold flaked fish; stir and set aside to cool.

When thoroughly cold, make croquettes, roll in egg, then in cracker meal, and place in a pan and slide under a very hot flame, watching all the time and turning constantly until a golden brown.

Serve with an egg or tomato sauce or garnish with green cooked peas or carrots.

FISH SOUFFLÉ

Pare eight good-sized potatoes and boil thirty minutes, drain the water from them and mash very fine; then mix thoroughly with a pint finely chopped cooked salt fish. Add two tablespoons butter, salt and pepper, and three-quarter cup hot milk or cream; stir into the mixture two well-beaten eggs, and heap this into the dish in which it is to be served.

Place in a hot oven for ten minutes. Beat the whites of two eggs to a stiff froth, add $\frac{1}{4}$ teaspoon salt, then add the yolks. Spread this over the dish of fish, return to oven to brown, and serve. Chopped parsley can be sprinkled over the top before serving.

BAKED SHEEP'S-HEAD

Fish	1 grated onion
1 pt. bread crumbs	2 egg yolks
1 qt. water	A little chicken fat
Season with cayenne, pepper, salt and thyme	

When ready for cooking, salt and pepper well, gash the sides in three or four places, add one pint bread crumbs, onions, a little finely minced chicken fat, yolks of eggs; blend all together; season with a little cayenne pepper, salt, thyme; with this stuff the fish and fill gashes on the outside, sprinkle over with flour, add water and bake slowly in a large pan for two hours.

Serve with the following sauce:

SARDINE SAUCE

Bone one dozen large sardines. Make an ordinary sauce of butter, flour and water; add to it the bones from the sardines, minced onion, lemon peel, a bay leaf, pepper and either nutmeg or mace.

Boil about twenty minutes, then strain, add it to the sardines and pour it over the baked fish.

FISH CHOWDER

2 qts. fish stock	3 large onions
1 can of tomatoes	3 large potatoes
1 carrot	1 tablespoon of thyme
2 hard boiled eggs	Chicken fat
A pinch of soda, salt and pepper	

Chop two pieces of chicken fat in small bits and place in the soup kettle, cut the onions fine and add to the chicken fat, let brown, then add the stock in which you have cooked the fish; next add the tomatoes, then the potatoes cut fine, then the carrot, salt, pepper and thyme, simmer slowly for two hours, then add the fish broken in small pieces, and hard-boiled eggs cut in slices, a pinch of soda (baking) and serve. serve.

SHELL-FISH (CLAM CHOWDER)

2 large onions	2 carrots
1 qt. boiling water	1 can tomatoes
1 tablespoon thyme	Salt and pepper
1 qt. liquor from clams	6 white potatoes, chopped
1 cup chopped chicken fat	

Put the chopped chicken fat into the chowder pot and let simmer, then add chopped onions and cook until tender and slightly brown. To this add the potatoes and carrots chopped, then the liquor from twenty-five clams and the boiling water, tomatoes, salt, pepper and thyme, tied in cheese-cloth bag.

Simmer two hours and add chopped clams just ten minutes before serving. Excellent!

SOFT-SHELLED CRABS, GRILLED

Procure soft-shell crabs alive, as shells harden twenty-four hours after being killed. To prepare for cooking, lay the crab on its back, lift up the apron or flap near the back of the shell, take out all spongy and fibrous portions and by lifting the shell at both sides remove same substance from the back. Cut a semi-circle from the head, including the eyes and sand bags. Wash in cold water, dry on clean towel, season inside and out with salt and pepper, dip in egg and milk, then cracker meal, and lay on a shal-

low baking dish well greased with olive oil. Place under a moderate fire until brown and serve with drawn butter or tartare sauce.

DEVILLED CRABS

12 crabs	1/2 teaspoon paprika or
1 cupful cream or milk	cayenne
1 tablespoon flour	1/2 teaspoon lemon juice
4 yolks hard boiled eggs	1 tablespoon chopped
1 teaspoon salt	parsley

Pick the meat from the boiled crabs. Put the cream in a double boiler. When scalded, add the flour and butter, which have been rubbed together, stir until smooth and thickened, then add the mashed yolks, the seasoning and crab meat. This should be highly seasoned. Have the shells washed and dried, fill them with the mixture, heaping well on top. Press in close to the edges of the shells. Beat one whole egg with a tablespoon of water and baste the entire crab, shell and all, then sprinkle with bread crumbs and either fry in olive oil or brown in the oven.

BOILED LOBSTER

Put in boiling water to which you have added salt, and boil twenty minutes unless very small, then fifteen minutes will do.

Rub shell with sweet oil after wiping to brighten color. Split body and tail through, crack claws, and it is ready to serve.

A dressing made of salt, pepper, cayenne, a lemon, oil and the yolk of a hard-boiled egg makes a good dressing for cold-boiled lobster. Use drawn butter for hot lobster.

BROILED LOBSTER

Cut tail part of lobster in two, rub a little olive oil over the meat and broil.

Send to the table with drawn butter sauce on a bed of watercress.

LOBSTER CUTLETS

Take the meat from the shell and cut in small pieces, add one teaspoon chopped parsley, salt, pepper, and one cup thick cream sauce, cool, form into cutlet shape, put on a well-greased baking dish, place under a quick flame and broil until a golden brown, turn and then insert a claw from the shell in each cutlet and place on a hot platter and serve with Bechamel sauce or melted butter.

BROILED OYSTERS

Dry large selected oysters on a napkin, sprinkle with salt and pepper and dip in melted butter; then place on a close wire broiler well greased with olive oil and broil quickly or they will dry; it should not require longer than seven minutes. Cover with hot melted butter, season and serve on hot toast.

FRICASSEED OYSTERS

Drain the liquor from a quart of oysters, strain a pint of it into a stew pan; when it boils put in oysters, and when they begin to swell add one or two tablespoons butter, blend well and add to the oysters, and cook until oysters are white and plump, then add a gill of cream, salt and paprika to taste, serve on hot tea-biscuits and garnish with chopped parsley and hard-boiled eggs.

SCALLOPED OYSTERS

This is a method of cooking oysters by which most of their fine flavor may be retained and is a very satisfactory dish. Cover baking dish with butter and bread crumbs, using only the sweetest of butter and best bread crumbs. On this place a layer of oysters, season with salt and pepper, and put in another layer of crumbs and oysters and repeat until the dish is full, having the last layer of bread crumbs, but-

ter and seasoning; add oyster liquor with a small dash cayenne over the top.

Be sure to use plenty of butter, place it in a hot oven for thirty minutes, baking a rich brown and serve hot.

WALLED OYSTERS

Make a wall about $1\frac{1}{2}$ inches high of one quart nicely mashed and seasoned potatoes, just inside raised edge of platter; glaze it by covering it with the beaten yolk of one egg and sending to the oven to brown.

Boil one quart oysters in their own liquor and make a cream sauce from two tablespoons butter, two tablespoons flour, mixed together and seasoned; two cups milk, one onion sliced fine. Strain the oysters from the liquor, add them to the sauce and place them in the center of platter and cover with chopped parsley.

Rice with a little curry powder may be used for the wall instead of potatoes.

ROLLED FILETS OF FLOUNDER

Select flounders large enough to make two strips about two and a half inches wide, on each side, each fish to make four filets.

Dredge with salt and pepper and dip in butter.

Begin at the broad end and roll them and fasten with a wood toothpick. Roll in egg and bread crumbs and fry in olive oil or butter for five or six minutes, then remove the toothpick and serve with tartare or tomato sauce.

Garnish with parsley.

FOWL

Theoretically animal flesh is not a necessary article of diet.

Some of the highest specimens of anthropoids have been developed without the destruction of animal life, but, inasmuch as fowl contains valuable and readily digestible proteins and the majority of people use it as food, we are laying out a group of recipes giving the best-known methods of preparing these articles.

BAKED CHICKEN

Dress and split young chickens, open by cutting with a sharp knife down the backbone, then press apart and clean, wash, then wipe perfectly dry and put into dripping pan, bone side or inside down, without any water or butter, have the oven hot, and they will be done in half to three-quarters of an hour.

Take out and season with butter, salt and pepper and pack one above another as closely as possible and keep warm while making giblet sauce.

BREADED CHICKEN

Use young chickens and cut in the size pieces you want to serve, dip in egg, then in cracker meal and sprinkle with salt and pepper; put in a well-greased, shallow dripping pan and broil until brown, then add the following sauce to the pan and place it in the oven and allow it to sauté until tender.

SAUCE TO BE ADDED TO GRILLED FOWL

1 tablespoon flour	2 cups broth or water
1 onion	Salt and paprika
1 tablespoon chicken fat or butter	

Melt the butter, add the flour and mix the stock or water and stir until it thickens, then the onion chopped fine and the seasoning.

CHICKEN EN CASSEROLE

No. 1

Use a 3-lb. young fowl for this dish.

3 large potatoes	3 large carrots
12 small onions	$\frac{1}{4}$ lb. mushrooms
2 tablespoons sherry or port	Salt, pepper, paprika
	1 quart chicken broth

Cut the chicken in size portions, you wish to serve, then dip them in oil, either chicken or olive oil, then in flour, and be sure to cover well with the flour, then place in the casserole, dot with butter and let cook without a cover until brown, then add the chicken broth, salt, pepper, paprika and vegetables. (The potatoes and carrots should be cut out with a Parisienne cutter the size of button onions.) Now cover the casserole and let cook until vegetables are done, then add the wine and seal the cover on tight with a paste made of flour and water, re-



BAKED CHICKEN EN CASSEROLE.



CORN EN CASSEROLE.

turn to the oven for ten minutes longer, then send to the table without breaking seal.

It is best to add the mushrooms at the time you add the wine.

CHICKEN EN CASSEROLE

No. 2

Select young, tender chicken. Singe and clean thoroughly. Place in casserole dish. Add butter, salt, pepper and two or three cups of water. Cover dish and cook in a moderately hot oven until tender. Then remove the lid and brown. Thicken gravy and serve.

Small carrots, onions and mushrooms may be cooked in the casserole dish with the chicken, and all may be served in the casserole dish if desired.

CHICKEN A LA KING

Boil a fowl whole until tender, then cut in nice size portions and lay in a dripping pan, and make the following sauce:

1 cup milk	2 tablespoons flour
2 tablespoons butter or chicken fat	3 cups chicken broth

Stir this until it thickens. In another saucepan melt one tablespoon butter, to it add one chopped onion, one-fourth pound mushrooms, two tomatoes which have been peeled and sliced, and one green pepper. Cook together until done, add it to the white sauce, pour all over the chicken, and let it cook for ten minutes and serve.

CHICKEN FRICASSEE

Cut a 4-lb. fowl at joints. Cover with boiling water and cook for one hour, add salt, pepper and one large onion and let the stock

boil down to about one quart. Make a rich cream sauce, either with chicken fat or butter mixed with flour and about one quart of milk; pour this over the chicken when it is tender and let it cook until the sauce is well blended with chicken.

The yolks of three eggs added to the sauce of the chicken is an improvement.

CREAMED CHICKEN WITH MUSHROOM SAUCE

1 teaspoon lemon juice	Salt and pepper
1 pt. white sauce	1 pint finely chopped left-
1 teaspoon chopped	over chicken
parsley	

Mix all together, cook two minutes, add yolks of four eggs well beaten, set aside and when cold add the whites beaten to a stiff froth. Turn into a buttered dish, bake one-half hour and serve the moment it is done with mushroom sauce.

Ducks are dressed and stuffed the same as turkeys. Young ducks should roast from twenty-five to thirty minutes; full-grown should cook an hour or more with frequent basting and turning. Some prefer them underdone, served very hot; but thorough cooking is better.

Serve with currant jelly, apple sauce, and green peas. Either onion or force meat is excellent for stuffing ducks.

Core apples and slice, sprinkle with brown sugar and grill or bake in quick oven and garnish the duck with them.

CHICKEN A LA MARYLAND

Split young broilers down the back; remove the breast bone and cut off the pinions. Salt and pepper, then dip in egg and bread crumbs. Place in a pan, pour melted butter over and bake twenty or thirty minutes and serve on a platter with the following sauce poured around it.

Sauce à la Maryland

1 cup of Bechamel sauce $\frac{1}{2}$ cup of cream
 $\frac{1}{2}$ tablespoon of butter

Bring all to a boil and thicken if desired.
Serve around the chicken.

CHICKEN AND MACARONI

3 lb. fowl	1 quart tomatoes
2 onions	Macaroni (amount nec-
1 teaspoon sugar	essary)
Chicken fat or butter	Cheese to cover

Place a three-pound fowl on back of stove in a kettle with plenty of chicken fat. Slice two onions over it and sprinkle with salt. Turn often and cook slowly; it may require four hours, but it is not done until it throws out its own juice and is a delicious brown. Now add a quart of tomatoes, which you have seasoned with salt, pepper, teaspoon sugar; allow this to simmer for one hour longer, or until the chicken is tender.

Use quantity of macaroni desired; boil in salt water for ten minutes, after which put a layer in the casserole dish, then separate the chicken at joints, lay it on the bed of macaroni, then cover with macaroni and pour the sauce in which the chicken has been cooked over the top, sprinkle with cheese, place in the oven to brown and serve.

JELLIED CHICKEN

Dress, clean and cut up a fowl. Put in a stew-pan with two slices of onion, cover with boiling water, and cook slowly until meat falls from bones. When half-cooked, add half a table-spoonful of salt. Remove chicken, reduce stock to two cups, strain, skim off fat, and add one tablespoon Knox gelatin soaked in four tablespoonfuls cold water.

Decorate bottom of mold with parsley and slices of hard-boiled eggs. Pack in meat, freed from skin and bone; sprinkle with salt and

pepper. Pour on stock, and place mold under heavy weight. Keep in a cool place until firm.

CHICKEN MOUSSÉ

Yolks of 3 eggs	1-3 cup Jordan almonds
$\frac{1}{4}$ teaspoon salt	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ teaspoon paprika	Few grains cayenne
1 cup hot chicken stock	1 cup heavy cream
1 tablespoon cold water	1 tablespoon Knox
2-3 cup cold cooked chicken	Gelatine

Beat yolks of eggs slightly, add salt, paprika and chicken stock. Cook over hot water, stirring constantly, until mixture thickens; then add gelatin, which has soaked in cold water five minutes. When gelatin has dissolved, strain mixture and add chicken (using white meat), and blanched almonds, each finely chopped or ground and forced through a sieve. Season highly with salt and cayenne. Set bowl containing mixture in larger bowl of ice water and stir until mixture begins to thicken; then fold in

cream, beaten until stiff. Turn into mold, first dipped in cold water, and chill. Remove to platter and garnish top with round and flower shapes of wine, lemon or tomato jelly, and sprig of parsley; garnish sides with round and flower shapes of jelly and diamond shapes of truffle; garnish around base with cubes of jelly.

ROAST GOOSE

The goose should not be more than eight months old, and the fatter the more tender and juicy the meat. A "green" goose (four months old) is the choicest. Kill at least twenty-four hours before cooking; cut the neck close to the back, beat the breast bone flat, tie the wings and legs securely, season inside with pepper and salt and stuff with potato dressing. Do not stuff very full, and stitch firmly together to keep flavor in and fat out. Place in baking pan with little water, baste frequently, turning often in order that it will be brown all over.

Bake two hours, or more, if old. Apple, gooseberry or onion sauce and currant jelly are proper accompaniments to serve with roast goose.

POTATO DRESSING

Bake eight large potatoes, scoop out of shell while hot with a sharp teaspoon, season with salt, pepper, two chopped onions, one teaspoon chopped parsley, one tablespoon butter, and mash, beat in the yolks of two eggs and beat until light, then stuff the goose. Excellent!

ROAST TURKEY

A hen turkey one year old is best, weighing eight or ten pounds when dressed. Clean, stuff, truss, place in oven not quite as hot as for roasting meats. Put a tablespoon of butter in bits on the breast. Baste every ten minutes and turn often until the turkey is a golden brown all over, then decrease the heat and roast slowly until done.

It should be moist and tender and not in the least scorched. The rule is twenty minutes to the pound and twenty minutes longer.

Baste well and turn on breast just before serving. If baked in a roasting pan with cover it needs no basting.

CHESTNUT DRESSING

To prepare chestnuts, boil them for twenty minutes in salt water, piercing each one with a knife; then remove the shell and skin and mash to a pulp; mix with a loaf of stale bread soaked in cold water, season with one tablespoon butter, one-half cup chopped celery, one teaspoon chopped parsley, a little thyme, and salt and pepper.

TURKEY PIE A LA CREOLE

A delicious way to use left-over turkey. Place nice size pieces of turkey in an earthen baking

dish and add one dozen small onions, then pour a white sauce over it, and next cover with plain boiled rice: Over the rice brush the yolk of a well-beaten egg to which add one tablespoon milk. Brown in the oven.

Season the white sauce well with salt, pepper and paprika, and salt the rice when boiling.

DUCKLINGS ROASTED

Trim, wash and prepare the ducklings. Dust with salt and pepper and stuff. Place in a covered baking dish or pan. Add three cups of water and bake until tender. Then uncover the pan and brown. A few vegetables may be cooked in the pan with the duckling if desired. Serve with grape jelly.

DRESSING FOR DUCKLINGS

To one cup of mashed potatoes add one-half cup of chopped pine nuts (pignolias), two tablespoons of grated onion, one teaspoon of salt, one-half cup of grated browned bread

crumbs, salt, pepper, sage, paprika, hot milk, sufficient to moisten, and a piece of butter the size of a walnut.

Mix all thoroughly and stuff the duckling.

ROASTED REED BIRDS

Clean and place each one on a steel skewer. Then roll in melted butter and sprinkle with flour, salt and pepper and place in a very hot oven for twenty minutes. They must be placed in a very small pan and turned often during the process of roasting.

When a golden brown, add about four ounces of water to the pan and allow them to sauté for about five minutes.

Serve on hot toast garnished with water-cress.

OYSTER DRESSING

Make toast from one small loaf of whole wheat bread and let it cool.

Melt one tablespoon of butter and add to it one pint of milk. Season to suit the taste with

salt, paprika, onion juice and a very little thyme. Next add the grated toast, and then add one pint of oysters. Stir all together and fill the birds.

It requires very little—in fact, about two oysters to fill one reed bird—but the balance can be done in a baking dish in the oven.

The same dressing can be used for turkey or capons.

BRAISED GUINEA HEN

Cut the hen in the proper sized portions to serve. Dip in melted butter, then in flour and sprinkle with salt and pepper, add a little more butter to each piece, place the pan under the broiler until a golden brown, then add two cups of boiling water to the pan, place in the oven and allow to sauté until tender.

Arrange on platter and strain the sauce over it.

Garnish with corn fritters.

CORN FRITTERS

1/2 cup of milk	2 eggs
1 can of corn (not sugar)	1 cup of flour
1 teaspoon of baking powder	1 teaspoon of salt
	Pinch of pepper

Beat the eggs very light, then add the corn, milk, etc. When all mixed, drop in a pan well oiled with butter, brown and serve.

MEAT LOAF

Take two cups of any left-over stock, bouillon or diluted gravy, bring to the boiling point and add one envelope Knox sparkling gelatin softened in one-half cup cold water. When mixture begins to stiffen, add two cups of any cold chopped meat at hand (veal, ham, beef, or chicken). Also mold in a little red or green pepper, celery, onion if desired, or parsley. Turn into a square mold first dipped into cold water and chill. Remove from mold and cut in slices for serving.

GARNISHES

Garnishing a dish well adds very much to its appearance. The simplest dish can be made to appear much more appetizing when served, if surrounded by bits of parsley or other greens, or slices of eggs or vegetables. The time taken to apply a simple garnish, which should be the kind for everyday use, is only a moment or two.

Care must always be exercised in regard to the quantity used, as too heavy a garnish really detracts from the appearance of a dish. When vegetables are used, a garnishing knife flutes them nicely, adding much to their appearance. There are many different ways of garnishing, but the general method is to surround the article; and, as a rule, unless otherwise stated, it is intended that this way be used. Another method is to place the article on a bed of the garnish and still another is to arrange it around a mound of the garnish.

In serving meats, game, etc., it is also essential to have an appropriate sauce or gravy, which will enhance the flavor of the article served.

We shall give below such garnishes and sauces as have been used by different cooks very successfully. One may select such as she wishes or can prepare most easily.

GARNISHES FOR FISH

Boiled Cod—Croutons, potato patties.

Haddock—Parsley and slices of lemon alternating.

Baked Fish—Sliced hard-boiled egg and parsley.

Boiled White Fish—Potato balls and parsley.

Broiled Fish—Slices of lemon and parsley.

Grilled Fish—Parsley, celery or lettuce.

GARNISHES FOR POULTRY, ETC.

Boiled Chicken—Sliced hard-boiled eggs alternating with celery or lettuce leaves, or place on a bed of rice.

Fricasseed Chicken—Use little mounds of boiled rice.

Grilled Chicken—Parsley and stuffed tomatoes.

Boiled Turkey—Same as for Boiled Chicken.

Roasted Turkey—Parsley or watercress.

Game—Fresh or preserved barberries, currant jelly, slices of orange and lemon.

GARNISHES FOR SALADS

Cabbage—Hard-boiled eggs in rings of green pepper, alternated with ripe olives.

Lobster Salad—Same as Cabbage with the coral arranged with it.

Sardine Salad—Small sardines or lemon points.

Salmon Salad—Nasturtiums, buttercups or wild roses.

GARNISHES FOR CREAMS

For Bavarian Cream—Use whipped cream.

For Blanc Mange—Use boiled custard.

For Lemon Jelly—Use parsley or smilax with a few forget-me-nots.

For Ice Cream—Use whipped cream, brandy sauce, fresh fruit sauce, or a spray of smilax with some delicate roses.

For Orange Jelly—Use parsley, smilax or myrtle with garden pinks.

For Dishes of Fruit—Use geranium leaves, rose leaves or holly leaves and berries. Artificial leaves may be used, but natural ones are much preferred.

Where it is possible, use the leaves of the fruit, such as apples, pears, peaches, plums, etc.

SAUCES FOR FISH

For Baked Fish—Egg or lemon sauce.

For Boiled Sauce—Hollandaise or liver sauce.

SAUCES FOR POULTRY AND GAME

For Boiled Chicken—Bread or cauliflower sauce.

For Roast Chicken—Giblet sauce.

For Boiled Turkey—Lemon or oyster sauce.

For Ducks—Olive sauce.

For Roast Goose—Apple sauce.

For Game—White or rice sauce.

GRAVIES AND SAUCES

The preparation and appearance of gravies and sauces are factors of much importance in giving variety to the diet. Their special adaptability to the various articles they are to be used with should be carefully studied in order that all may be chemically harmonious.

In serving, do not pour gravies or sauces over the food, but around the edge of the dish.

Sauces should possess a decided character, and whether sharp or sweet, savory or plain, they should carry out their names in a distinct manner, although, of course, they should not be so much flavored as to make them piquant on the one hand or mawkish on the other.

Brown sauces should not be quite so thick as white sauces, and when used with fish or poultry they should be of sufficient consistency to slightly adhere to the articles over which they are poured.

For browning and thickening sauces, browned flour may be used.

Caramel coloring answers well for sauces and gravies. They can also be made to look brown by using browned flour. In some cases catsup, tomato or another color sauce is preferable.

The sauces of which cream or eggs form a component part should be well stirred as soon as these ingredients are added to them. They should never be allowed to boil.

An excellent thickening for soups, sauces and gravies is prepared as follows:

WHITE ROUX

Bring butter to the boiling point and blend flour with it; then add milk or stock to bring to the consistency desired. A good proportion is:

1 tablespoon flour to 1 tablespoon butter,
and 2 cups liquid.

Season to taste.

CREAM SAUCE

1 cup of milk	Salt and pepper
2 teaspoons of flour	1 tablespoon of butter

Cream the butter and flour together in the saucepan. Add the cold milk and stir constantly over the blaze until it begins to boil. Then add salt and pepper, strain and serve with anything where cream sauce is to be used.

NOTE.—Chopped parsley may be added before serving if desired.

HOLLANDAISE SAUCE

½ cup of butter	2 egg yolks
1 tablespoon of grated onion	Salt and pepper
2 tablespoons of lemon juice	½ cup of boiling water
	1 tablespoon of flour

To the boiling water add the onion and boil about five minutes. Rub together the flour and the butter and add to the onion. Next add the lemon juice. Remove from the fire and strain.

Stir in gradually the egg yolks lightly beaten. Heat slowly, then add salt and pepper and serve.

This sauce may be served with entrees, vegetables or fish.

DRAWN BUTTER SAUCE

1 cup of boiling water	Salt and pepper
2 tablespoons of butter	1 tablespoon of flour
Chopped parsley	

Mix the flour and half of the butter thoroughly. Add water, stirring constantly until boil, then add salt and pepper. After taking from the fire, add remainder of the butter.

If this sauce is to be used for fish, add lemon juice and chopped parsley to taste.

MUSHROOM SAUCE

No. 1

1 tablespoon of butter	1 cup of chicken stock
1 tablespoon of flour	½ cup of tomato juice
Saltspoon of celery seed	Teaspoon of salt—pepper
2 tablespoons of grated onion	1 can or ½ lb. of mushrooms

Mix stock, grated onion, tomato juice and celery seed and boil five or ten minutes. Rub flour and butter together, then add strained stock and boil until smooth. Add chopped mushrooms, salt and pepper.

MUSHROOM SAUCE

No. 2

Make the white or cream sauce, and add one can of mushrooms. Stand over hot water until thoroughly hot. Do not cook, as cooking toughens canned mushrooms.

NOTE.—Brown mushroom sauce can be made in the same way by adding rich, brown sauce or gravy.

FRESH MUSHROOM SAUCE

1 saltspoon pepper	1/2 cup of cream
1/2 teaspoon of salt	1 tablespoon of flour
1/2 lb. of fresh mushrooms	1 tablespoon of butter
2 tablespoons of tomato juice	1 tablespoon of grated onion

A bit of paprika

Wash the mushrooms thoroughly. Cut in small pieces. Put them into a saucepan. Add butter, onion, tomato juice, salt, pepper and paprika. Cook twenty or twenty-five minutes over a slow fire. Rub flour and a little of the mushroom gravy together until smooth, then add cream and pour over the mushrooms.

Boil two or three minutes and serve.

EGG SAUCE

Yolk of one egg	$\frac{1}{2}$ cup boiling water
$\frac{1}{2}$ teaspoon salt	1 teaspoon butter
2 teaspoons lemon juice	

Beat yolk and lemon juice until stiff. To this add slowly the boiling water, stirring constantly. Set the vessel with egg mixture in pan of hot water until the consistency of thick cream. Take from fire and add butter and salt.

Serve with vegetables or fish.

TOMATO SAUCE

1 cup of tomato juice	Salt and pepper
1 tablespoon of butter	2 teaspoons of flour
½ garlic clove (grated)	1 teaspoon of grated onion

To the tomato juice add salt, pepper, garlic and onion. Rub butter and flour together in a saucepan. Add tomato sauce and bring to a boil.

Strain and serve.

BUTTER SAUCE

Place amount of butter desired in a double boiler or saucepan and melt slowly. Then strain and add a dash of paprika and serve with any vegetable or spaghetti.

BUTTER AND LEMON DRESSING

(For Fish)

2 tablespoons butter	2 tablespoons lemon juice
½ teaspoon salt	2 teaspoons chopped parsley

While creaming the butter, add slowly the lemon juice and salt. When well mixed add chopped parsley. Put in refrigerator until ready to serve.

APPLE SAUCE

1/2 cup of sugar	1 cup of water
1 pound of apples	A bit of nutmeg

Wash and slice the apples, but do not peel. Place in a saucepan, add water. Cover the pan and cook until tender. Put through a colander. Add sugar and nutmeg. Bring to a boil and cool before serving.

MINT SAUCE

12 sprigs of mint	1 tablespoon of sugar
3 tablespoons of lemon juice	

Wash the mint, pick the leaves from the stems and chop fine. Add the sugar and rub into the mint well an hour or more before serving.

NOTE.—This sauce is usually used for lamb, but it is excellent with cold chicken, turkey or duck.

CELERY SAUCE

1 stalk of celery	2 cups of water
2 teaspoons of flour	A bit of paprika
5 tablespoons of cream	1 teaspoon of onion juice
2 teaspoons of butter, salt and pepper	

Clean and wash the entire stalk of celery thoroughly. Cut into small pieces. Add water and cook until soft. Then strain through colander. Rub butter and flour together. Add to this the strained celery, onion juice and cream. Bring to a boil. Add salt, pepper and paprika, and serve.

CREOLE SAUCE

1 tablespoon of grated onion	1 garlic clove
	½ cup of milk
1 tablespoon of grated carrots	1 cup chicken stock
	1 saltspoon of celery salt
1 tablespoon of chopped celery	

Put the butter into a saucepan. Add the vegetables and brown slightly. Add flour, mix

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well, then add stock and milk. Stir and let come to a boil.

Strain, add salt and pepper and serve.

CRANBERRY APPLE SAUCE

1 pint of water	1/2 lb. of sugar
1 pint of cranberries	1/2 lb. of apples (sliced)
A bit of nutmeg	

Wash berries, slice apples, but do not peel. Put into a saucepan. Add the water and cook until soft. Put all through a colander. Add sugar and bring to a boil.

Add a little grated nutmeg and serve.

GOOSEBERRY SAUCE

1/2 cup of water	1 cup of sugar
1 pint of gooseberries	1 tablespoon of butter
Nutmeg	

Wash the berries, and put them into a saucepan. Add the water, cover and cook until ten-

der. Press through a colander. Add sugar, butter, and a bit of nutmeg. Bring to a boil and serve hot or cold with chicken.

MAITRE D'HOTEL SAUCE

1/2 teaspoon of salt	1 tablespoon of chopped
1/2 teaspoon of pepper	chives
1 tablespoon of lemon	1 tablespoon of chopped
juice	parsley
4 tablespoons of butter	

Rub the butter to a cream and add salt, pepper and parsley. Next add the lemon juice slowly, then the chives, chopped fine, and salt and pepper.

BECHAMEL SAUCE

1/2 cup chicken stock	1 tablespoon of
1 tablespoon of butter	flour
1/4 tablespoon onion juice	1 tablespoon grated
1/4 saltspoon celery salt	carrots
1/2 cup of milk	Salt and pepper
2 tablespoons chopped mushrooms	

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Put the butter into the saucepan. Add vegetables and stir until lightly browned. Then stir in the flour, stock and milk. Stir until it boils, add salt and pepper.

CRANBERRY JELLY SAUCE

4 tablespoons of jelly ½ cup of rich chicken
gravy

After the chicken has been roasted, drain all the gravy out of the pan, leaving only half a cup. To this add the jelly, bring to the boiling point and serve.

CRANBERRY SAUCE

1 qt. of cranberries ½ lb. of sugar
1 pint of water

Wash berries thoroughly. Place in saucepan. Add the water and boil five or ten minutes until tender. Put through a colander. Add sugar and bring to a boil. Then cool and serve.

EGGS

Eggs constitute one of the best protein foods known. The white is almost pure albumen, readily soluble, easily digested, and contains about the same per cent. of moisture as the healthy human body. The yolk is composed of proteins, phosphorus compounds and fat. The whole egg, therefore, is one of the best articles in the nitrogenous group.

While eggs are “year-around” food, they are of more importance in winter and spring than at other seasons of the year.

When corn, legumes and the large number of tuber vegetables are in season, everything the body requires can be obtained without the use of any animal products, but in order to balance the bill-of-fare in winter and spring, the egg becomes necessary and occupies a place that it is difficult for any other article to fill.

In certain cases of extreme emaciation the

egg diet often gives excellent results. A person of normal size may take from eighteen to twenty-four per day.

EGG-MILK

To one pint of milk add one thoroughly beaten egg. This is sufficient for an ordinary meal, and since it is so largely composed of proteid matter, no other nitrogenous food, such as fish, meat, beans, etc., should be taken at the same time.

EGG FLOAT

Whip the white and yolk separately from two to three minutes. To the yolk add slowly a teaspoon of lemon juice, half a teaspoon of sugar, and a teaspoon of heavy cream, then add the whipped white to the mixture.

If properly mixed, this will stand up like whipped cream. This makes a delicious dressing for salads and fruits.

NOTE.—Any fruit juice can be used in place of lemon.

Fruit and egg float constitutes almost an ideal meal taken in the following proportions:

Two or three ripe peaches, or an equivalent amount of soaked evaporated peaches or apricots, eaten with two eggs prepared as recipe above.

EGG MILK SHAKE

Put about two tablespoons crushed ice into a glass, add one tablespoon maple syrup, one egg and two-thirds cup of milk. Mix thoroughly in a lemonade shaker and strain into a glass for serving. A little grated nutmeg or cinnamon can be added if desired.

STUFFED EGGS

6 eggs	1 tablespoon onion juice
1 teaspoon chopped parsley	1/2 cup chopped celery, fine
10 Spanish olives, chopped	2 tablespoons mayonnaise dressing

Boil the eggs hard and let stand in cold water for one hour; remove shells, cut in half length-

wise, take out the yolks, mash to a paste with a fork and add all the other ingredients given.

Fill back into the whites and garnish with mayonnaise and olives. Serve on lettuce leaves as a salad or picnic luncheon.

TO PRESERVE EGGS

Put any number of eggs desired into a stone jar and pour water glass over them, using nine parts of water to one part of water glass, being careful to see that they are well covered. Keep the jar of eggs in a cool place. When you want to boil eggs that have been preserved in water glass, it will be necessary to make a tiny pin-hole in the small end of each egg before placing them in the boiling water.

NOTE.—Water glass can be purchased at almost any drugstore and is not expensive.

POACHED EGGS IN BAKED POTATO

Open a large baked potato, remove the pulp from the shell, mash and season with salt, but-



POACHED EGG IN BAKED POTATO.



POACHED EGG ON TOMATO.

ter and paprika, then place the prepared pulp in the shell and drop in the egg.

Return to the oven and bake until firm.

CREAM EGGS

Whip thoroughly three or four egg whites, adding slowly a cup of cream. Slightly flavor with nutmeg or vanilla. This makes a delicious sauce to use over any kind of crushed sweet fruits or berries.

POACHED EGGS IN TOMATOES

Cut a piece from the stem end of tomato; remove pulp, sprinkle with salt and pepper.

Drop egg into tomato shell, place in ramekin dish, bake in moderate oven until firm.

NOTE.—When baking anything in ramekin dishes, always place the dish in pan of water.

CREAMED EGGS AND CHEESE

3 hard boiled eggs	1 tablespoon of flour
1 cup of milk	$\frac{1}{2}$ teaspoon of salt
3 slices of toast	$\frac{1}{4}$ cup of grated cheese
A bit of cayenne pepper and chopped parsley	

Make a thin sauce of the milk and flour, add seasoning and cheese, and stir until melted. Cut the hard-boiled eggs in half, remove the yolks, season with pepper, butter and salt, and put back into the whites. Place these on the toast and pour cream sauce over all. Sprinkle chopped parsley over the top and serve.

CODDLED EGGS

Place two eggs in small bowl. Pour one pint of boiling water over them and cover. Allow to stand four to five minutes. Serve in the shell.

Eggs cooked in this way, viz., as the water recedes in temperature, brings the white to a light gelatinous form, which is much more delicious in taste than when boiled in the ordinary way.

STEAMED EGGS

Break an egg into small saucer, place in steamer, cover and cook lightly. A combination egg-steamer may be used.

Cooked in this way, the egg does not come in contact with the water, which makes it a much more hygienic method than the old way of poaching.

FLUFFY EGGS

Add a little salt to the white, beat until stiff, place in a buttered ramekin dish or saucer. Put a small piece of butter in center of white. Place unbroken yolk on top. Place in steamer until softly cooked and serve.

WHIPPED OMELET

4 eggs

2 tablespoons cream

Salt

Pepper

Separate whites and yolks of four eggs. To the yolks add salt, two tablespoons of cream and

whip with rotary egg-beater until stiff, then whip whites until stiff. Just before cooking, mix gently the stiffly-beaten yolks and whites and cook soft.

NUT OMELET

Whip eggs as above. While cooking sprinkle with grated nuts. Roll, and when ready to serve, sprinkle grated nuts over the top. Garnish with parsley. Parmesan cheese may be used instead of nuts if desired.

RICE OMELET

2 eggs	$\frac{1}{2}$ cup hot boiled rice
$\frac{1}{2}$ teaspoon salt	2 tablespoons cream

Break eggs in bowl, add cream and salt, beat until stiff. Stir gently into the beaten eggs rice which has been boiled dry. Cook soft as whipped omelet and serve.

NESTS .

Eggs
Salt

Butter
Pepper

Separate eggs. Whip the whites until stiff and put in ramekin or small dishes. Make a nest in the center of each dish and drop in the yolk, a bit of butter, salt and pepper. Steam two or three minutes and serve.

BAKED EGGS

No. 1

Eggs
Salt

Butter
Pepper

Oil or butter well an earthen platter or baking-dish. On this break number of eggs desired. Put small bits of butter between the eggs, salt and pepper to taste. Bake over dish of water in oven until lightly cooked and serve.

Serve on baking dish and garnish with parsley.

Grated Parmesan cheese may be sprinkled over the eggs before cooking if preferred.

Tomato sauce may be used if desired.

BAKED EGGS

No. 2

1 tablespoon flour	2 eggs
1 tablespoon butter	1 teaspoon bread crumbs
$\frac{1}{2}$ teaspoon salt	8 tablespoons milk
Black pepper or paprika	

Rub butter, flour and milk together and stir over a fire until it begins to boil. Add salt and pepper. Pour a portion of the sauce into two individual cups. Put one whole egg in each cup and cover with the remaining sauce. Sprinkle crumbs over top and bake lightly.

NOTE.—Individual dishes should always be set in pan of water to bake. Grated cheese may be sprinkled over the eggs before cooking if desired.

Tomato sauce may be added instead of cream sauce if preferred.

EGG FOAM

1 egg	1 teaspoon powdered
1 teaspoon brandy	sugar

Separate the egg. Add sugar to the yolk and whip until stiff. To this, add the stiffly-beaten whites and slowly add the brandy, constantly whipping.

Sherry may be used instead of brandy if desired.

CHEESE OMELET

2 eggs	2 tablespoons parmesan
1/2 teaspoon salt	cheese
1 tablespoon cream	

Whip yolks and whites separately, adding salt and cream to yolks before whipping, then fold in whites just before cooking. Pour in omelet pan and when lightly cooked add half of grated cheese and roll. Sprinkle balance of cheese over omelet before serving and garnish with parsley.

STEAMED EGGS

(Southern Style)

2 ears corn	3 tablespoons cream
2 slices toast	1 tablespoon butter
3 eggs	Parsley
Salt	Pepper

Slit the grains of corn through the center with a very sharp knife and scrape down with a dull one; to this add the cream, salt, pepper and butter. Cook in double boiler for 30 to 40 minutes.

Place the toast on platter, pour corn on toast and the steamed eggs on the corn. Garnish with parsley and serve.

NOTE.—Canned corn may be used if well cooked and put through colander.

SHREDDED EGGS

1 egg	Bread crumbs
Salt	Pepper
Butter	

Cover the bottom of a small individual dish or ramekin with a few fresh bread crumbs, drop in one whole egg, sprinkle with salt and pepper. Place a small piece of butter on top. Set this dish in a pan of water and bake egg soft.

EGGS HUNGARIAN

1 cup rice	4 eggs
1 cup cream sauce	1 teaspoon chopped
1 teaspoon grated onion	parsley
1 teaspoon salt	

Boil the rice in salted water until tender. Drain through colander and place in oven a few minutes to dry out. Pile rice on platter. Hard-boil the eggs, remove the shells and cut them in halves. Press the eggs down with the rice and pour over all, the cream sauce which has had the grated onion cooked in it.

The parsley should be added to sauce just before serving.

Tomato sauce may be used instead of cream sauce, if desired.

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OMELET WITH PEAS

Make same as whipped omelet and serve peas around it.

DEVILLED EGGS

6 eggs	1-3 tablespoon salt
1 tablespoon dried fish	Pepper
1 tablespoon melted butter	

Hard-boil the eggs. Remove the yolks, be careful not to break the whites. Mash thoroughly the yolks, butter, salt and pepper. To this add the fish, which has been chopped fine.

Fill the shells with the mixture and press together the two whites. Roll in oil paper. These are very good for picnics.

CHEESE EGGS

1 cake Neufchatel or	2 eggs
cream cheese	Butter
Parsley	

Cover the bottoms of individual dishes with cheese, and drop over this one egg in each dish. Sprinkle with salt and pepper and season with a small piece of butter over each egg. Cover with a little grated cheese.

Bake lightly. Sprinkle little chopped parsley over the top. Serve.

DAIRY PRODUCTS

MILK

While the primary purpose of milk is for the support of the young mammal, it has become in the course of time one of the world's greatest foods. With the exception of cereals, milk has the widest utility of any food used by man. The United States alone consumes millions of gallons of milk a day, that is, in excess of the amount required for the support of young calves.

PURITY

Great care should be exercised in regard to the milk supply; also the keeping and hygienic handling of milk after it comes into the kitchen. Milk should never be left exposed for a moment, as it rapidly absorbs odors and develops bacteria.

If milk becomes slightly “turned,” it should be allowed to stand until it has thickened, then whipped and used as buttermilk, in which state it is more readily digestible than when it is fresh.

Pasteurization is merely a security against infection. If milk is known to be pure, it is better in its natural state.

SWEET BUTTER

Let heavy cream stand until it clabbers or thickens. Beat with a rotary egg-beater until the butter fat is separated. Then cover with ice cold water, wash, and press out all the whey with a spoon. Set on ice until ready to serve.

Butter can be made in the same way from fresh cream, but requires more whipping.

MILK CUSTARD UNCOOKED

Fill custard cups with rich milk, allow to stand until it begins to thicken. Drop in a few

raisins, and when thoroughly coagulated or thickened add a dash of nutmeg and serve.

SCHMIERKASE OR COTTAGE CHEESE

2 qts. milk
Cream

2 qts. boiling water
Salt

Put milk into a pan and set in warm place until it thickens, then break up with a fork so it will separate from the whey. Pour over the curd the boiling water and drain through a cheese-cloth bag over night. Next morning place in bowl and beat with rotary egg beater three or four minutes. Add salt to taste. Cream to make consistency desired and whip again. Put on ice until ready to serve.

TO WHIP CREAM

Cream is better for whipping if 24 or 36 hours old. Put into small, deep bowl and whip with rotary egg beater quickly until solid to the

bottom. Add powdered sugar if desired. Whip just once more to mix well.

Put on ice until ready to serve.

SOUR MILK

Sour milk is one of the best forms in which animal protein can be taken. Various writers have announced to the world during the past few years that sour milk destroys the age bacteria in the intestinal tract. Metchnikoff, now deceased, who is the father of this theory, reached this conclusion by observing that sour milk was the chief article of diet of the very aged peasants of Bulgaria.

Science has failed to confirm the Metchnikoff theory, but the advanced age of the Bulgarian, French and German peasants is accounted for by the fact that they subsist upon a plain diet of good, simple food one of which is sour milk.

CLABBER OR SOUR MILK

Place a bottle of whole or unskimmed milk

in a warm place until it thickens, or until it is of the consistency of baked custard. Set on ice immediately, and when ready for use pour into bowl and beat with rotary egg beater.

BUTTER MIXTURE

1 lb. good butter	1 heaping teaspoon Knox
2 teaspoons salt	Sparkling Gelatine
2 pint bottles milk or 1 quart	

Take the top cream of two pint bottles of milk and add enough of the milk to make one pint.

Soak the gelatin in two tablespoonfuls of the milk ten minutes; place in a dish of hot water until gelatin is thoroughly dissolved.

Cut the butter in small pieces and place same in a dish over hot water until the butter begins to soften; then gradually whip the milk and cream and dissolved gelatin into the butter with a Dover egg beater. After the milk is thoroughly beaten into the butter, add the salt to taste.

If milk forms, keep on beating until all is mixed in. Place on ice or in a cool place until hard.

NOTE.—This mixture is intended for immediate use, and will do the work of two pounds of ordinary butter for table use and for baking cakes, muffins, etc., but is not used for frying purposes.

CHEESE

The many appetizing, varied and really elegant dishes concocted by modern cooks with the aid of cheese render this product of the dairy indispensable to every well-appointed table. The strange opinion prevails to some extent in this country that imported cheese is superior to that of home manufacture; that this is unwarranted is proven by the fact that immense quantities of American cheese are annually exported, most of which is marketed in England, where it finds eager purchasers.

The English and other foreign manufacturers brand their cheese with the name of the locality in which it is made, and hence several fine varieties, as the Stilton, the Cheshire, Gruyere, Parmesan and others, have very justly become celebrated. While equally good cheese is manufactured in America, notably in New York State, Wisconsin, Ohio and many other states which have factories turning out excellent products, all we export goes abroad simply under the name of American cheese. On account of the neglect of the proper branding of cheese we are placed at a great disadvantage in competing with foreign manufacturers.

Cheese varies in grade and richness according to the quality of the materials of which it is composed. It may be made of the whole milk, of milk and cream—that is, the morning's milk with the cream of the evening before, of new milk mixed with skimmed milk, and of skimmed milk only.

“Strong” means a high flavor and odor, but not necessarily sharp. Most new cheeses are

relatively mild, developing their characteristics, especially sharpness, with age. The Romans smoked their cheese to give it a sharp taste.

The most celebrated varieties of the foreign cheeses are the following:

Parmesan, a hard, high-flavored cheese slightly sharp, is manufactured in Parma and Piacenza, Italy. It is supposed to get its flavor from the rich herbage of the pastures of the river Po. The Parmesan is made entirely from skimmed milk and is best when it is three or four years old. No Parmesan is marketed until it is six months old. This cheese is highly prized for grating and cooking.

The best English cheeses are the Stilton, Cheshire and Cheddar. The Cheddar, made from cream and milk, is considered the finest and richest. It requires two years to ripen. The Cheshire is made of entire milk and is very mild in flavor. The Dunlop, the only Scotch cheese well known in America, has a particularly mild, rich flavor.

The Gruyere, the best of the Swiss cheeses, has a fine flavor; but the Neufchatel, which comes in little rolls about an inch thick and three inches long, is perhaps best known in America and is cheap and delicious.

French cheeses are generally for winter consumption and come to us only from October to May. The best known here are the Brie, made of cream, which comes in flat, round boxes; the Roquefort, a mixture of the milk of goats and sheep.

The Dutchman's Head, or Edam cheese, comes from Holland.

CHEESE CRUSTS

Cut stale bread in slices two and one half inches thick; trim off crusts. On each slice of bread put a heaping tablespoon of any mild cheese grated, or a very thin layer of strong, rich cheese; over the cheese put a little salt and pepper, a bit of butter. Place on a pan in a

hot oven just long enough to slightly brown the bread, cool on the baking pan and serve.

Very nice served at dinner or luncheon with any green salad.

CHEESE FONDA

4 eggs	3 ounces butter
3 ounces of cheese (Par- mesan or Cheshire)	Salt and pepper

Separate the yolks from the whites of the eggs. Grate the cheese (Parmesan or Cheshire); cut it in very thin flakes. Break the butter into small pieces and add it to the other ingredients with pepper and salt to season nicely. Beat the mixture thoroughly. Whisk the whites of the eggs until very light and beat them in last and put into oven as quickly as possible. Bake in a souffle dish or small, round cake dish. Fill only half full, as it should rise very high. Serve very hot and quickly in the dish in which it is baked.

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CHEESE VOL AU VENTS

1/2 cup boiling water	2 eggs
Bread	5 tablespoons grated
Butter	cheese
Pepper and salt	

Cut rounds of bread from slices about one inch thick, leaving a shallow cavity. Dip in beaten egg and place in hot oven to brown with a dot of butter on each one. Then fill in the cavities with the following mixture:

1/2 cup boiling water	1 tablespoon butter
5 tablespoons grated cheese	

When this is melted, add the beaten yolks of two eggs. Season with pepper and salt and a dash of paprika, beat together one minute and put in a handful of browned bread crumbs. After filling the rounds of bread, brown very quickly in oven and serve on folded napkin.

Delicious for luncheon.

CHEESE WITH CELERY

1/2 cup grated cheese	1/2 cup butter
Chicken broth	2 cups of chopped celery
Salt and pepper	

Cut the celery in pieces about one inch long, split to look like spaghetti. Add sufficient water to cook ten minutes, drain, mix in the cheese, butter, pepper and salt; bake in a pan, basting the top with a few spoonfuls of the chicken broth.

Cook in casserole.

POTATO CHEESE

Boil white potatoes, and when cool, peel and grate or mash them to a light pulp. To five pounds of potatoes, which must be free from lumps, add a pint of sour milk and salt to taste; knead the whole well, cover it, leave it for three or four days, according to the season or temperature; then knead it afresh and put the cheese into small cheese-cloth bags, and they will part

with their superfluous moisture. Dry them in the shade and place them in layers in large pots, where they should remain ten days or two weeks. The older they are the finer they become. This cheese, if kept well covered in a dry place, will keep for years.

This is a celebrated dish in various parts of Europe.

SCALLOPADE

Scald one cup dry bread crumbs in a pint of new or fresh milk. Stir into this three well-beaten eggs. Add one tablespoon melted butter and half pound grated cheese. Sprinkle the top with sifted bread crumbs, dot with butter, bake a delicate brown and serve quickly.

CHEESE OMELET

1 tablespoon of cheese	3 eggs
1 tablespoon of milk	A dash of salt and pepper

Beat the yolks of the eggs light, then whip the whites, mix together, add to them the cheese

and the milk. The cheese may be stirred in quickly just before cooking the omelet, or sprinkle over the omelet in the pan.

Parmesan cheese should be grated and beaten in with the eggs, adding a little more just before folding the omelet and serving with the grated cheese sprinkled on top.

Serve very hot.

CHEESE RELISH

$\frac{1}{4}$ lb. fresh cheese 1 cup of sweet milk

Butter 5 or 6 crackers

Pinch of salt and pepper

Place small piece of butter in a saucepan over a slow fire with one-quarter pound of thinly sliced fresh cheese and pour over it one cup sweet milk, small pinch salt and pepper, stirring and cooking slowly all the time; then add five or six finely rolled crackers and serve at once in a warm dish.

CHEESE STRAWS

2 cups of flour	$\frac{1}{2}$ cup of water
$\frac{1}{2}$ teaspoon of salt	1 cup of shortening
Cheese	(cocoanut butter)

Mix the salt with the flour, add the shortening, blend well, then add the water. Separate in two parts. Roll both very thin, sprinkle one with grated cheese, lay the other on top, press together, sprinkle the top with salt, mark in lengths to suit your own fancy with a sharp knife and bake a golden brown.

When done they can be separated where marked.

CHEESE WAFERS

1 cup of flour	$\frac{1}{2}$ cup of butter
$\frac{1}{2}$ cup of grated cheese	A little water
(must be hard)	A pinch of salt

Mix flour, salt and cheese together. Then work in the butter, add enough water to hold

together, then roll as thin as possible, mark into squares with a silver knife and bake until a golden brown. Break apart and serve.

Delicious.

CHEESE AND POTATO POP-OVERS

1 cup of mashed potatoes	$\frac{1}{4}$ cup of milk
$\frac{1}{2}$ cup of grated parmesan cheese	$\frac{1}{2}$ teaspoon of salt
	1 egg

Mix potatoes and milk thoroughly. Add stiffly-beaten egg and salt and continue to whip, then add cheese and bake in well-oiled pop-over pans in a hot oven 15 or 20 minutes.

CHEESE AND CORN SOUFFLÉ

1 cup of corn	2 tablespoons of chopped
2 cups of milk	green pepper
1 cup of grated cheese	3 eggs
1 tablespoon of butter	$\frac{1}{4}$ cup of flour
	$\frac{1}{2}$ teaspoon of salt

Cut the tips of corn grains with a sharp knife and scrape the pulp out with a dull one. Add a bit of water and cook 15 to 20 minutes. Make a sauce out of the flour, milk and cheese. Add this to the corn which has been cooked, then add the cheese, beaten yolks, seasoning and butter (which the pepper has been cooked in); last stir in the stiffly-beaten whites and turn into a buttered baking dish. Cook in a moderate oven 30 minutes. Serve hot.

CHEESE—SCALLION

3 tablespoons of cream	Pinch of salt
1 cake of Neufchatel cheese	Tops of 3 or 4 scallions

Mash the cheese thoroughly with a fork. Add cream, salt and the tops of the scallions, which have been washed and chopped very fine.

Mix all ingredients well and serve with crackers with a salad course.

COTTAGE CHEESE

Heat one quart of sour milk slowly until the whey rises. Pour off the whey and put the curd in a clean cheese-cloth bag and let drip from four to six hours. Do not squeeze. Put in a bowl, mix well and salt to taste.

Add one-half cup of cream to one pint of the cheese, press into cakes with a wooden spoon and keep in a cold place.

CHEESE CRACKERS

Use any salt or plain cracker. Butter lightly, sprinkle with grated cheese and brown.

Serve with salads.

SALADS

The word “salad” comes to us through many languages. It seems to have originated in describing a dish of herbs salted and mixed with many condiments.

A dish of potatoes, beets and cold meats eaten with a dressing made of vinegar and mustard, highly salted and spiced, is commonly called salad, but the true salad is the uncooked, edible, succulent plant, such as lettuce, romaine, endive, watercress, tender leaves of cabbage, kale, mustard, celery, young onions, etc., etc.

In the southern part of the United States the word “sallet” is used to describe the above-named articles, also mustard, polk-berry shoots and turniptops.

In balancing the daily rations, the salad is almost as important as the protein or carbohydrate factors.

Some of the articles in the group of true salads should be eaten every day. They are rich in mineral salts, especially chlorofyl (the green coloring matter), which is not only a valuable food, but a valuable aid in the digestion of other foods.

True salads contain iron phosphates and a limited quantity of protein and carbohydrates.

Salads should be eaten at the beginning of the meal, and any fresh, uncooked vegetable, such as young carrots, turnips, kohlrabi, onions, new potatoes, ripe olives, nuts and nut butter, may be added to them.

A simple salad, composed of lettuce, young carrots, ripe olives and nuts, eaten at the beginning of the meal, stimulates a generous flow of saliva, gives bulk and acts as a cellulose broom

which prepares the stomach for the reception of the meal. It also satisfies the craving or keen appetite, and thereby prevents overeating.

In the western and northern countries, where fresh, green, succulent plants cannot be obtained during the winter months, an excellent salad can be made of uncooked carrots, turnips, crisp cabbage, nuts or nut butter.

Mustard and vinegar should not be used in salad dressings.

In all our salad dressing recipes we have omitted these condiments. Each article composing our salad dressings is an excellent article of food, and when mixed according to our formula it will prove both delicious and healthful.

Salad vegetables may be divided into two classes, viz., those that should be eaten uncooked, and those that should be cooked.

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SALAD PLANTS

To Be Eaten Uncooked To Be Eaten Cooked

Lettuce	Spinach
Celery	Dandelion
Romaine	Beettops
Endive	Kale
Cabbage	Turniptops
Watercress	Mustard
Chicory	Sorrel
Chives	
Young Carrots	
Young Turnips	

FOODS MATURING IN THE SPRING

Dandelion	Peas
Young onions	Asparagus
Green mustard	Spring turnips
Lettuce	Potatoes
Turniptops	Berries
Spinach	Cherries

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FOODS MATURING IN THE SUMMER

Beans	Squash
Beets	Carrots
Cabbage	Parsnips
Corn	Okra
Onions	Eggplant
Tomatoes	Apples
Peaches	White and sweet po-
Pears	tatoes
Plums	Cantaloup
Apricots	Melons

Also many varieties of berries and many of the salad or succulent plants, such as

Lettuce	Romaine	Watercress
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FOODS MATURING IN THE FALL

Corn	Onions
Fall beans	Grapes
Pumpkin	Nuts
Winter squash	Cauliflower
Endive	Brussels sprouts
Winter turnips	Celery
Parsnips	Persimmons
Carrots	



RIPE OLIVES.



FRUIT SALAD IN CANTALOUPE.

In the extreme southern part of the United States fresh vegetables and some fruits grow all winter, but in all other parts of the country the fall vegetables are harvested and housed in such a way as to keep them through the season.

OLIVES

As an article of human food, the olive has held a conspicuous place for 3,000 years, and deserves all the fame that has been bestowed upon it.

The olive branch has come down through the ages as a symbol of peace and a wreath of honor

The olive is one of the greatest of human nutrients. While the green-pickled product has some food value, chiefly in its oil, the ripe olive is one of the best foods in its class. It contains about 50 per cent. fat, 10 per cent. carbohydrates and 7 to 8 per cent. protein, which puts it in a class by itself. It stands on the border-

line between the fruit and vegetable world, therefore it cannot be grouped with either.

The dried, ripe olive is bitter and may slightly offend the taste in the beginning, but when eaten with salads, vegetables or grains the taste soon accepts its flavor and crowns it king of relishes.

The pickled ripe olive is one of the most dainty and delicious of bottled foods. It is far superior to the green olive in every respect. Eaten with nuts, vegetable or fruit salads, it adds a most delicious taste and flavor.

The pickled ripe olive has a wide range of grading, its quality depending upon soil, state of ripeness when pulled, curing, and especially upon the process of grading, assorting and methods of handling and bottling.

TOMATOES

The tomato seems to occupy a position half-way between fruit and vegetables. It contains

very valuable food elements and is one of the excellent articles in the salad class. Its principal food property is carbohydrate. In addition to this, it contains a most valuable acid that acts in the nature of a solvent, which aids in the digestion of other foods. The tomato should be used only when thoroughly ripe, and if the skin is eaten it should be masticated to infinite fineness.

TOMATO SALAD

A beautiful and delicious salad can be made by skinning the small smooth tomato; chill on ice and cut into quarters or eighths, serve on romaine or lettuce and eat with whipped cream or salad dressing.

STUFFED TOMATO SALAD

Remove the center from tomatoes. Cleanse thoroughly three or four anchovies or any dried fish, removing bones, fins, etc., and cut fine. Chop into this a small pepper and a flavor of

onions. Mix this with the fish or anchovies, season and place in tomato shells. Serve on lettuce leaves with dressing.

TOMATO AND CHEESE SALAD

Skin small tomatoes, cut in quarters (but not all the way down). Serve on crisp lettuce leaves and cover with grated cheese and dressing.

TOMATO AND SPINACH SALAD

Cleanse thoroughly and crisp tender leaves of spinach. Place in salad bowl with a few sliced tomatoes. Pour over this a salad dressing. Mix well and serve.

ICED TOMATOES

Select small tomatoes, dip them in a pan of boiling water and remove the skins. Place on ice until cold. Put into a bowl, cover with cracked ice and serve with powdered sugar.

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TOMATO JELLY SALAD

1/2 cup cold water	Stalk celery
3 1/2 cups tomatoes	2 cloves
1/2 onion	Few grains cayenne
1/2 bay leaf	2 tablespoons lemon juice
1 envelope Knox Sparkling Gelatine	Few grains salt
	Lettuce

Soak gelatin in cold water five minutes. Mix remaining ingredients except lemon, bring to boiling point and let boil ten minutes. Add lemon and soaked gelatin, and, when gelatin is dissolved, strain. Turn into a mold, first dipped in cold water, and chill. Remove from mold to bed of crisp lettuce leaves and garnish with mayonnaise dressing.

Nice served with cheese.

CHICKEN SALAD

1 cup of chicken, diced	1/2 cup pignolia (pine nuts)
Mayonnaise dressing	
1 cup celery, diced	Salt, pepper, paprika

Keep the celery in a cold place and chicken in separate bowl until ready to serve, then mix chicken, celery and nuts; dust with salt, pepper and a bit of paprika. Cover with mayonnaise and toss with two forks, until every particle of the salad is thoroughly covered with the dressing. Turn into a salad bowl which has been lined with crisp lettuce leaves.

Garnish with ripe olives, nasturtium pods, pimentos, cucumbers or beets.

NOTE.—The nuts should be washed and dried out before using but not browned. A little chopped parsley may be sprinkled over the top if desired.

CRESS AND ONION SALAD

Thoroughly cleanse watercress and a few leaves of dandelion. Place in salad bowl with a few slices of onion and green pepper. Pour over all Hygeia salad dressing, mix well and serve.

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CARROTS UNCOOKED

Scrape and quarter young, tender carrots. Serve alone as a relish or with any salad. They are very delicious eaten with nuts or Beech-Nut peanut butter and ripe olives. The color effect of a nest of lettuce leaves with quartered carrots laid around a center of ripe olives is very striking and ornamental.

WALDORF SALAD

Mix thin slices of tart apples with mayonnaise dressing and serve on crisp lettuce leaves.

Sprinkle grated nuts over the top.

EGG AND OLIVE SALAD

1 head of lettuce	2 hard boiled eggs
2 anchovies	1 boiled beet
12 ripe olives	½ teaspoon onion juice
French dressing	

When lettuce has been cleaned and made crisp in cold water, dry and put into salad bowl,

then add the beet which has been cut in small pieces. Add the egg which has been sliced, and olives cut in small pieces.

Mash well the anchovies and onion juice. Add to the dressing, mix well and serve.

ANCHOVY SALAD

5 or 6 anchovies	1 teaspoon chopped
1 or 2 celery hearts	parsley
French dressing	1 head of lettuce
2 teaspoons grated onion	

Remove heads and bones of anchovies and place on crisp lettuce leaves. Over this cut celery hearts, then the grated onion and chopped parsley. Pour over all the French dressing and serve.

MEXICAN SALAD

Remove the skin and bones from a small quantity of smoked herring. Place this in a salad bowl, lined with crisp leaves, add a few leaves of watercress and a few slices of green

peppers. Garnish with quartered tomatoes. Cover with dressing and serve.

CUCUMBER AND ONION SALAD

Peel and slice cucumber and onions. Leave both in cold water until ready to use. Place on clean, crisp lettuce leaves. Garnish with small radishes and serve with dressing.

CUCUMBER AND GREEN PEPPER SALAD

Slice cucumbers, crisp in cold water. Serve on lettuce or romaine leaves with a few slices of green pepper. Serve with Hygeia salad dressing.

STUFFED CUCUMBER

Peel a large cucumber and cut in two inch lengths. Remove the seeds, leaving a hollow through the center. Chop fine a little tender celery, a slice of onion, one or two ripe olives and a little green pepper. When ready to serve, place the cucumber tube on a crisp lettuce leaf and fill the cavity with the chopped ingredients.

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Garnish with quartered tomatoes and ripe olives. Serve with mayonnaise dressing.

LETTUCE AND NASTURTIUM SALAD

Thoroughly cleanse and crisp an equal amount of lettuce and nasturtium leaves. Place in a salad bowl. Decorate with the nasturtium flower and tiny cheese eggs (see recipe for cheese eggs), serve with Hygeia salad dressing.

GOLDEN SALAD

Serve on crisp lettuce, one very ripe banana, sliced thin, one-half sweet orange cut in small bits, and over this grate a small portion of fresh pineapple. Just before serving, cover with mayonnaise dressing and a dash of grated nuts.

QUALITY OYSTER SALAD

Scald one quart oysters until the edges begin to curl, then drain and cool. When cool, add

two cups of finely chopped celery (must be tender), one very small onion chopped fine, and one cup mayonnaise, salt and paprika.

Place a cake of ice on salad platter and make a hollow in the center of the ice. This can be done with a cup filled with hot water.

Now line the hollow with hearts of lettuce, fill the oyster salad in, cover with mayonnaise and garnish with parsley and sliced olives.

ROQUEFORT CHEESE AND EGG SALAD

Use one hard-boiled egg, and an equal amount of cheese. Put egg through a potato-ricer. Place on crisp lettuce leaves, and over this pour French dressing, with which the cheese has been well mixed.

NOTE.—For those who desire the flavor of garlic, one or two garlic cloves may be mixed with the lettuce; wrap in a napkin and put in ice until ready to serve, then remove it—or rub the salad bowl with a crushed clove of garlic.

CHEESE AND FRUIT SALAD

Add cream to fresh cream cheese, beat until soft and smooth. To this add seeded Malaga grapes, chopped nuts and a few chopped raisins. Form into balls, put on ice until chilled.

Serve on lettuce leaves with cream dressing.

CHEESE AND NUT SALAD

Grate a small portion of American cheese over crisp lettuce leaves, over that place a few English walnuts, garnish with stuffed olives and serve with dressing.

CHEESE SALAD

Serve grated American cheese on crisp romaine. Garnish with ripe olives. Serve with the Christian salad dressing.

CHEESE AND TOMATO SALAD

Skin and thoroughly chill small tomatoes.

When ready to serve, cut in eighths (not severing sections) and open like a flower on leaves of lettuce. Mash cream cheese and season with salt and paprika. Put this through a potato ricer and fill each tomato with it. Serve with French or mayonnaise dressing. Garnish with slices of green pepper.

CREAM CHEESE EGGS

Press a piece of date firmly around a small nut, preferably pignolia or pine nuts. Around this mould cream cheese, to the size and shape of a bird's egg. Place these in a nest of tender lettuce leaves and garnish with Malaga grapes, cherries, ripe olives or tuliped radishes.

This makes a very attractive and delicious dish.

CREAM CHEESE AND NUTS

Cover a layer of cream cheese with pecan meats. Put a layer of dates to the thickness desired. Serve very cold with salads.

STRING BEAN SALAD

1 qt. green string beans 1 onion
 1/2 green pepper

Soak the beans in sugar and water for two hours; enough cold water to cover and about one-half cup sugar. Pour this off and let steam for ten minutes, then add the onion, chopped very fine, and the pepper, cut in long strips (very thin), season with salt and paprika and cover with French dressing.

LIMA BEAN SALAD

Line the salad bowl with crisp lettuce leaves. On these place small lima beans which have been cooked. Over it pour French salad dressing.

ENDIVE SALAD

No. 1

Separate the leaves, wash and leave in cold water until crisp. When ready to serve, dry and

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place in salad bowl. Cover with any dressing (French dressing preferred) and serve

ENDIVE SALAD

No. 2

½ lb. endive	2 hard boiled eggs
Mayonnaise dressing	1 stalk celery, chopped fine

Lay the endive on salad platter, or individual plates, fill it with the chopped celery. Cover with mayonnaise, then garnish with the hard-boiled eggs which have been mashed fine with a silver fork.

BEET SALAD

Rub the salad bowl with garlic and line with crisp lettuce leaves. Over this cut the boiled beets in dice, cover with dressing and serve.

RUSSIAN SALAD

Line the salad bowl with crisp lettuce leaves; over this cut the cooked beets in dice. Add a

tiny bit of grated onion, then a grated hard-boiled egg.

Serve with Russian dressing.

STUFFED PIMENTO SALAD

1 small head cabbage, chopped fine	1 small grated onion $\frac{1}{2}$ pimento to each guest
1 celery stalk, chopped fine	

Add enough mayonnaise to hold ingredients together, fill the pimento and place it on white lettuce, cover all with mayonnaise and garnish with thin strips of a green pepper.

STUFFED GREEN PEPPERS

Chop fine a little cabbage, fresh tomato, green pepper seeds, cucumbers, parsley, radishes and celery.

Season and fill the pepper. Serve on lettuce leaves with dressing. Garnish with ripe olives and salted almonds.

PEPPER AND TOMATO SALAD

Skin small tomatoes, partly cut in eighths or quarters. Serve on crisp lettuce leaves. Garnish with a few slices of green pepper.

Serve with dressing.

SPANISH SALAD

Skin and slice the number of tomatoes desired. Serve on lettuce or romaine with slices of sweet green peppers. Garnish with ripe olives.

Serve with oil or dressing.

COMBINATION SALAD

No. 1

Chop two ripe tomatoes, very small onion, two stalks celery and one sweet green pepper without seeds. Drain and season with salt and pepper. Place on ice and when ready serve on lettuce leaf with French dressing.

COMBINATION SALAD

No. 2

Lettuce	Green pepper
Escarole	Olives
Tomato	Beets
Celery	Grated onion
Cress	

Wash and clean all of the greens thoroughly. Stand in cold water until crisp. When ready to serve, dry, arrange neatly in salad bowl, cover with dressing and serve.

COMBINATION VEGETABLE SALAD

Line a salad bowl with crisp shredded cabbage. Cover this with watercress, a few slices of green pepper and a little onion. Pour dressing over all and serve.

ASPARAGUS SALAD

Arrange cold boiled asparagus in rings of green peppers on lettuce leaves and serve with

French dressing. Garnish with “cheese eggs” if desired.

ASPARAGUS SALAD

No. 2

Asparagus

French dressing

Arrange cold boiled asparagus neatly on the plate. Cover with dressing and serve.

ASPARAGUS AND GREEN PEPPER SALAD

Cleanse thoroughly and crisp watercress. Place a layer each of cress and cooked asparagus tips in a salad bowl, then a layer of sliced tomatoes, cover all with dressing and serve.

TO PREPARE CELERY

Wash and scrape celery. Each piece can be separated, or the stalk can be cut into quarters lengthwise. Place in cold water to crisp about an hour before serving. Serve with cracked ice in celery dish.

APPLE, CELERY AND CRESS SALAD

Cleanse thoroughly and crisp watercress. Chop fine, tender celery hearts and tart apples, cover the cress, adding a few nut meats and serve with dressing.

CELERY, CRESS AND NUT SALAD

Line salad bowl with cleansed crisp watercress, then a layer of chopped celery and Brazil nuts. Serve with dressing or oil.

STUFFED CELERY

Wash and crisp celery hearts. Mash thoroughly half cake fresh cream cheese, add chopped olives and grated nuts. Stuff celery just before serving.

CELERY AND ENDIVE SALAD

Cleanse thoroughly an equal amount of celery hearts and endive, crisp and put in salad bowl with Hygeia dressing, mix well and serve.



STUFFED CELERY AND UNCOOKED CARROTS.



NASTURTIUM SALAD.

CELERY, NUT AND APPLE SALAD

Cut in small pieces a tart apple and tender hearts of celery. Serve on lettuce or romaine with a few nut meats and dressing.

CABBAGE SALAD

No. 1

Remove the heart of a crisp head of cabbage. Cut the edge in scallops. Chop fine a little green pepper and the cabbage you have removed. Cover this with salad dressing and refill the cabbage bowl. Sprinkle over this grated cheese.

Garnish with ripe olives.

CABBAGE SALAD

No. 2

Select a hard white head of cabbage. Shred amount desired and leave in cold water an hour or more. When ready to use, shake until dry, put into a salad bowl, add a few celery seeds, pour French dressing over and serve.

CABBAGE AND CELERY SALAD

Shred amount of white or red cabbage desired. Soak in cold water until crisp. Scrape and cut in tiny pieces equal amount of celery, put into cold water until crisp. When ready to serve, drain both celery and cabbage, put into salad bowl. Sprinkle over this a tablespoonful of grated onion.

Pour the French dressing over. Mix well and serve.

STUFFED EGG SALAD

Hard-boil number of eggs desired. Cut in half lengthwise. Remove the cooked yolks and season with pepper, salt, butter and a few chopped olives. Mash thoroughly, fill the egg whites with this mixture. Place on lettuce leaves and serve with mayonnaise dressing.

ALLIGATOR PEAR SALAD

No. 1

Select large very ripe alligator pears, pare and cut in long strips. Pour over this Hygeia salad dressing and set on ice until ready for use. Serve on crisped romaine or lettuce leaves and garnish with ripe olives. This makes a very delicious salad if properly prepared.

ALLIGATOR PEAR SALAD

No. 2

Select very ripe alligator pears, peel and cut in small pieces. Cover with French dressing and allow to stand a few minutes before using.

Serve on lettuce leaves.

PEAR AND CHEESE SALAD

Select very ripe pears. Cut in thin slices over crisp romaine leaves, sprinkle heavily with

grated nuts and cream cheese. Serve with dressing.

BANANA AND PEANUT SALAD

3 red bananas	1 teaspoon chopped
Juice $\frac{1}{2}$ lemon	parsley
2 tablespoons powdered	$\frac{1}{2}$ teaspoon onion juice
sugar	Roasted peanuts

Dice the bananas, place them in a bowl, add the lemon juice, powdered sugar, chopped parsley and onion juice, mix well and place on white lettuce. Cover with mayonnaise, then sprinkle the top with chopped peanuts.

Delicious!

BANANA NUT SALAD

Cut very ripe bananas in long, thin strips and place on crisped romaine leaves. Add a dash of grated nuts.

Serve with whipped cream or salad dressing.

PEANUT BUTTER SALAD

Fill crisp, inner stalks of celery with Beech-Nut peanut butter, which has been softened slightly with cream. Place on lettuce leaves, garnish with a few white grapes from which the seeds have been removed. Chill and serve with a French dressing.

STUFFED BANANAS

Select large bananas, remove a strip of the peeling and take out a portion of the inside or meat. Fill the space with seeded Malaga grapes, bits of sweet orange and a dash of grated nuts. Cover the opening with salad dressing. Place on crisp lettuce leaves and serve.

BANANA AND PINEAPPLE SALAD

Slice a very ripe banana, then cut in small pieces a little pineapple enough for flavoring, a

few seeded raisins and serve all on tender lettuce or romaine with a few nuts and dressing.

NOTE.—In making fruit salads one should use acid fruits sparingly. Only a small portion for flavoring is needed.

GRAPEFRUIT AND BANANA SALAD

Remove seeds and cut in bits a small portion of grapefruit, then add a few slices of very ripe banana and serve on crisp lettuce leaf with dressing.

STUFFED APPLE SALAD

Take the number of tart apples desired, scoop out a good portion of the center, then pare them carefully. Fill the apples with fine chopped celery hearts, tender carrots, a little apple and a few nut meats or peanut butter. Serve on lettuce with dressing.

MALAGA GRAPE SALAD

Open the grapes as little as possible and remove the seeds. In each grape put a pecan

meat or peanut butter. Arrange on lettuce leaves, with cheese eggs and serve with whipped cream or dressing.

CHERRY AND MALAGA GRAPE SALAD

Stone amount of ripe sweet cherries desired, cut in half and seed equal quantity of Malaga grapes. Serve on crisp lettuce leaf with a dash of grated nuts and whipped cream.

POINSETTIA SALAD

Sliced canned pineapple	Cream cheese
Lettuce	Pimentos
French dressing	

Place a slice of pineapple on crisp lettuce leaves. On this arrange tiny strips of canned pimento to look like a poinsettia flower and a ball of cream cheese in the center of the pineapple.

Serve with French dressing. This is a beautiful as well as a delicious salad.

FRUIT SALAD

Cut in fine pieces orange, malaga grapes, a bit of apple and a few dates and raisins. Place a few pieces of each kind of fruit on small white lettuce leaves arranged on a platter around a grape fruit shell, filled with mayonnaise dressing.

ORANGE AND ENDIVE SALAD

1½ cup cold water	1 envelope Knox Spark-
2 cups boiling water	ling Gelatine
1 cup sugar	1 cup orange juice
2 tablespoons lemon juice	

Soak gelatine in cold water ten minutes and dissolve in boiling water. Add sugar and stir until dissolved, then add fruit juices. Strain. When firm force through a potato ricer. Arrange thin crosswise slices of orange, from which the seeds have been removed, on a bed



STUFFED EGG SALAD.



FRUIT SALAD WITH MAYONNAISE DRESSING IN GRAPE FRUIT SHELL.

of endive. Surround with jelly and pour French dressing over all.

PERFECTION SALAD

1 envelope Knox Spark- ling Gelatine	1 cup cabbage, finely shredded
1/2 cup cold water	2 cups celery, cut in small pieces
3/4 cup lemon juice	2 pimentos, cut in small pieces
2 cups boiling water	
1/2 cup sugar	
1 teaspoon salt	

Soak gelatine in cold water five minutes. Add lemon juice, boiling water, sugar and salt. Strain, and when mixture begins to stiffen add remaining ingredients. Turn into mold, first dipped in cold water, and chill. Remove to bed of lettuce or endive. Garnish with mayonnaise dressing, or cut in cubes, and serve in cases of red or green peppers, or turn into molds lined with canned pimentos.

A delicious accompaniment to cold sliced chicken or veal.

TUNA FISH SALAD

$\frac{1}{4}$ cup cold water	$\frac{1}{2}$ envelope Knox Spark- ling Gelatine
1 cup tuna fish	
$\frac{1}{2}$ cup chopped celery	$\frac{1}{2}$ green pepper, finely chopped
$\frac{1}{2}$ teaspoon salt	
$\frac{1}{4}$ teaspoon paprika	$\frac{3}{4}$ cup boiled salad dress- ing
2 tablespoons chopped olives	2 teaspoons lemon
Few grains cayenne	

Soak gelatine in cold water five minutes and add to hot boiled salad dressing. Cool, and add tuna fish separated into flakes, celery, pepper (from which seeds have been removed), olives, salt, paprika, lemon juice and cayenne. Turn into six individual molds, first dipped in cold water, and chill. Remove from molds to nests of lettuce leaves and garnish with slices cut from pimolas, diamond-shaped pieces cut from green peppers, celery tips and watercress.

SALMON SALAD

2 tablespoons cold water	1½ tablespoons melted
Yolks of 2 eggs	butter
2 teaspoons salt	¾ cup milk
1 teaspoon of mustard	2 tablespoons lemon juice
1 envelope Knox Spark- ling Gelatine	1 can salmon
	Few grains cayenne

Soak gelatine in cold water five minutes. Mix egg yolks beaten lightly with salt, mustard and cayenne, then add butter, milk and lemon. Cook in double boiler, stirring constantly, until mixture thickens. Add soaked gelatin and salmon, separated into flakes. Turn into fish mold, first dipped in cold water, chill and remove to bed of crisp lettuce leaves.

ORANGE BASKETS

Select the number of oranges desired. Cut one-eighth out of each side of the fruit, leaving a handle in the center. Remove the pulp. Fill the basket with seeded Malaga grapes, sliced bananas, bits of orange, a few chopped dates or

raisins, a dash of cocoanut (fresh or dried), and a spoonful of grated nuts. Just before serving place a spoonful of whipped egg whites on top. Serve on a small plate and decorate with smilax or bits of something green. This makes a very novel, beautiful and delicious dish.

CHEESE SALAD

Moisten with milk and cream, equal parts, two small packages of cream cheese and work until smooth. Add one cup whipped cream and three-fourths tablespoonful Knox sparkling gelatin soaked in one-fourth cup cold water and dissolved over hot water. Season highly with salt and paprika, and a little onion if desired, and turned into a mold first dipped in cold water. Turn from mold and garnish platter with lettuce.

BANANA AND PEANUT SALAD

Select ripe bananas of uniform size, peel them and remove all strings and inner skin. Have ready shelled peanuts which have been toasted

brown and then crushed with a rolling pin. Roll the bananas in these nuts until thickly coated; then place each banana on selected crisp lettuce leaves. Prepare a dressing by stirring together equal parts of olive oil and Welch's grape juice, adding a trifle of salt and beating until the mixture is smoothly blended. Pour this over and around the salad just before it goes to table.

SALAD DRESSINGS

The salad has become of so much importance in the well-balanced meal and it occupies such a conspicuous place in the healthful menu that any harmless ingredients that can be used with it that will encourage its consumption should be prescribed and recommended.

The conventional salad dressing which contains mustard, pepper, chemically made vinegar, etc., should be avoided for the reason that they impair the digestion and spoil good food.

The salad dressings made according to the following recipes will not only improve the taste and general consumption of salads, but of themselves constitute excellent and necessary articles of nutrition.

OLIVE OIL

Olive oil is an excellent form of edible fat. It is very delicious as an article of diet with

salads. It is highly recommended as a heat-producer or an article of winter food. It is readily soluble and digestible, consequently its food and fuel value can be quickly drawn upon by the body for use in case of extra need for heat and energy.

CHRISTIAN SALAD DRESSING

Separate the yolks and whites of two eggs. Whip the yolks until very stiff, add slowly two scant tablespoons lemon juice and slowly add two tablespoons olive oil, while whipping. Place this on ice.

Thoroughly whip the whites, then whip in from one and one-half to two tablespoons powdered sugar, adding to this about one cup of whipped cream. Place on ice. Whip this into the yolk mixture just before serving.

HYGEIA SALAD DRESSING

To four or five tablespoons of olive oil add

two teaspoons of lemon juice, one teaspoon of sugar and a pinch of salt.

Mix thoroughly.

ANCHOVY DRESSING

Make plain mayonnaise dressing, then add a tablespoonful of anchovies which have been boned and chopped or rubbed to a paste. A teaspoonful of chili sauce and a drop or two of tabasco or paprika.

PEANUT BUTTER DRESSING

Place Beech-Nut peanut butter in a tea cup or round bottom bowl, add warm water slowly, rub or "work in" with a spoon until it comes to the consistency desired.

TARTARE SAUCE

1 cup mayonnaise sauce	1 tablespoon chopped
1 teaspoon chopped chives	olives
1 teaspoon chopped	1 tablespoon chopped
capers	parsley
1 tablespoon chili sauce or tomato juice	

Put mayonnaise sauce into a bowl. Mix thoroughly other ingredients and serve on any kind of salad.

ITALIAN DRESSING

4 tablespoons olive oil	1 tablespoon lemon juice
1 teaspoon chili sauce	4½ garlic cloves
1 saltspoon pepper	½ teaspoon of salt
A drop of tabasco oil	

Put into a bowl the garlic clove grated or crushed, the salt, pepper, chili sauce and tabasco. Add gradually the olive oil and lemon juice. Beat well and pour over the salad.

MEXICAN DRESSING

1 tablespoon chili sauce	1 garlic clove
1 red chili	

Make the plain mayonnaise dressing, then add the clove of garlic which has been grated, the chopped chili, the pepper which has been skinned and chopped to a pulp. More lemon juice can be added if desired.

FRENCH DRESSING

6 tablespoons olive oil	1 tablespoon lemon juice
½ teaspoon of salt	1 saltspoon of pepper
1 clove of garlic	

Rub the bottom of bowl with a clove of garlic. Put in the salt and pepper and add gradually the oil, constantly rubbing.

When thoroughly dissolved add slowly the lemon juice and beat all well until thoroughly mixed.

FRENCH NUT DRESSING

Add to French dressing about three tablespoonfuls of pecan nuts or browned pignolias which have been chopped and pounded fine. Serve over fruit or salads.

CHEESE AND PIMENTO DRESSING

Soften and mash well about two tablespoons Roquefort cheese in a little pimento puree which has been thoroughly mashed through a sieve. Add to French dressing and serve.

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ROQUEFORT CHEESE DRESSING

5 tablespoons olive oil 2 teaspoons cheese, cut fine
1 tablespoon lemon juice Salt and pepper

Mix well all ingredients and serve on any salad.

RUSSIAN DRESSING

1 cup mayonnaise dress- 3 or 4 tablespoons chili
ing sauce
2 hard boiled eggs 1 tablespoon chopped
1 teaspoon grated onion parsley

Chop the eggs fine, to this add the chili sauce, grated onion, parsley and mayonnaise. Salt and pepper to taste. Mix well and serve on salad.

MAYONNAISE SALAD DRESSING

No. 1

Break two egg yolks into a soup plate, add a pinch of salt and a dash of red pepper. Beat all (rotary motion) with fork and when it begins

to thicken add two teaspoons of lemon juice and half a pint or more of olive oil, adding drop by drop, alternating the lemon juice and oil; beat constantly until thick and creamy. If placed in a covered glass jar in refrigerator it will keep several days.

There is very little danger of curdling if the eggs are strictly fresh and oil added slowly.

MAYONNAISE DRESSING

No. 2

Make the same as mayonnaise, only add one teaspoonful of curry powder and a clove of garlic grated and mashed through a sieve.

MAYONNAISE CREAM DRESSING

No. 3

To one cup of mayonnaise fold in half a cup of cream, whipped very stiff. Do not mix until ready to serve.

GREEN MAYONNAISE

No. 4

Make as mayonnaise dressing, and just before serving add one or two teaspoons of parsley made to a paste by pounding or rubbing with a spoon.

RED MAYONNAISE

No. 5

Make as plain mayonnaise, and just before serving add a few drops of beet juice.

COOKED MAYONNAISE

No. 6

4 egg yolks	5 tablespoons oil
4 tablespoons water	1 tablespoon lemon juice
1 teaspoon onion juice	4 tablespoons cream,
Pepper and salt	whipped

A bit of paprika

Place yolks, oil, water and onion juice in double boiler. Beat until well mixed. When it

begins to cook remove from the fire and continue stirring and beating so it will not get lumpy. Leave in the boiler until it comes to the consistency desired, as the heat of the boiler will finish cooking it. Then strain and add slowly the lemon juice, pepper, salt and paprika. Keep in a cold place until ready to use, then fold in the whipped cream.

MAYONNAISE DRESSING

No. 7

1 teaspoon salt	1 teaspoon Knox Spark-
Few grains cayenne	ling Gelatine
Yolks of 2 eggs	4 tablespoons lemon juice
2 cups olive oil	

Mix salt, sugar and cayenne. Add egg yolks, and when well mixed half a teaspoonful of lemon juice; then add gelatine, soaked in half a tablespoonful lemon juice five minutes and dissolved over boiling water. Cool, and add oil gradually, at first drop by drop, and stir constantly. As mixture thickens, thin with remaining lemon juice. Add oil and lemon juice

alternately, until all is used, stirring or beating constantly. If oil is added too rapidly, dressing will have a curdled appearance. Olive oil for the making of mayonnaise should be thoroughly chilled. Mayonnaise should be stiff enough to hold its shape.

NOTE.—A little garlic or onion and a teaspoonful of curry powder may be mixed with the dressing to give an added flavor.

DEVONSHIRE CREAM

Put a quart or quantity of milk desired in a kettle, cover and leave in warm room over night. Next morning put on back of the stove or over a very low fire until almost to boiling point. Stand in a cold place, then remove all the cream and put into refrigerator. This may be used over salads, fruits or in place of butter.

PARMESAN CHEESE BALLS

1 cup Devonshire cream	2 tablespoons melted
2 tablespoons grated par-	butter
mesan cheese	A bit of red pepper
A bit of salt	or paprika

Put the Devonshire cream into a bowl and mash well with spoon until smooth. To this add the Parmesan, butter, salt and paprika. Mix thoroughly and roll into balls like butter.

Set on ice until ready to use. Must be used the same day. Serve with salads.

MACARONI

TO PREPARE MACARONI

Before cooking macaroni or spaghetti in any style, it should always be put into a kettle of boiling salted water and boiled eight or ten minutes, then drained and put into cold water to blanch fifteen or twenty minutes more and drained again. Then cook in any way desired.

This method of preparation removes a large per cent. of the starch, leaving the macaroni and spaghetti richer in gluten, the protein factor, and at the same time renders it less pasty, more digestible and much more delicious.

MACARONI IN TOMATO SHELLS

6 tomatoes	3 oz. of macaroni
1 cup of cream sauce	3 oz. of grated cheese
1 teaspoon of salt	Dash of paprika

Break macaroni into small pieces, boil and blanch. Cut off the stem end of the tomatoes and scoop out the center. Fill the shells with macaroni, bits of tomato, salt and paprika. Over this pour the cream sauce and cover with the grated cheese.

Bake in a moderate oven twenty or thirty minutes and serve.

MACARONI WITH EGG

2 cups of macaroni	1 teaspoon of salt
1½ cups of milk	1 tablespoon of butter
2 eggs	

Boil macaroni as in previous recipes, drain and put into baking dish. Beat the eggs slightly and add milk, butter and salt. Pour this over the macaroni and bake in a moderate oven fifteen or twenty minutes (or until set).

MACARONI AU GRATIN

5 oz. macaroni	Paprika
5 oz. American cheese	1 teaspoon of salt
2 tablespoons of butter	Toasted bread crumbs

Break macaroni into three- or four-inch lengths. Boil fifteen or twenty minutes and drain. Cover bottom of baking dish with macaroni. Over this put a few bits of butter, a little cheese grated or chopped fine, a little each of salt, paprika and bread crumbs. Continue these layers until the dish is full, having the last layer consist of cheese. Fill the baking dish about half full of milk and bake thirty or forty minutes in a moderately hot oven.

NOTE.—Tomato juice may be added instead of milk if preferred.

MACARONI AND BEANS

1 cup macaroni	2 tablespoons butter
1 cup strained tomato	1 teaspoon salt
2 cups cooked kidney beans	Paprika

Boil macaroni and drain as in previous recipes. Mix well: tomato, butter, salt and paprika, and bring to a boiling point. Pour this over the macaroni and beans. Stir all together

carefully. When thoroughly heated it is ready to serve.

NOTE.—Grated parmesan cheese may be served with this if desired.

CORN MACARONI

1 cup corn	1 cup macaroni
1 teaspoon salt	1 teaspoon sugar
1 cup milk	2 teaspoons butter
	1 egg

Boil macaroni, drain and put into baking dish. To the beaten egg add milk, salt and corn (which has been put through strainer or cut very fine). Pour over macaroni and bake until set. The baking dish should be set in pan of hot water to prevent sticking.

MACARONI WITH ASPARAGUS

Take the quantity of macaroni required, break into pieces three to four inches long. Place in kettle of boiling salted water and boil fifteen or

twenty minutes. Drain and cover with cream sauce.

Place on a slow fire to simmer ten to fifteen minutes.

While the macaroni is being prepared the asparagus should be thoroughly washed and cut into small pieces as far as tender. Put into a casserole dish, season with pepper, salt and butter, and just enough water to cover. Cook thirty or forty minutes in oven until tender.

Serve asparagus on a platter and garnish with the macaroni. Before serving, sprinkle with Parmesan cheese.

NOTE.—If preferred, asparagus may be cooked uncut after cutting off the lower tough end.

MACARONI AND CHICKEN LIVERS

1 lb. chicken livers	2 tablespoons chicken fat
1 large onion	or butter
1 teaspoon flour	Chopped parsley
1 can or cup Italian tomato paste	

Boil one pound chicken livers in boiling salt water until tender. Place two tablespoons chicken fat or butter in a saucepan. When melted add one large onion chopped fine, one teaspoon chopped parsley; cook slowly five minutes, then add one teaspoon flour, blend and add one cup milk, one can Italian tomato paste, salt and pepper to taste, then the chopped livers in their own liquor, which should not be more than one-half cup.

Boil the required amount of macaroni in salt water, drain and place on platter. Cover with the chicken livers and tomatoes. Serve.

TO BOIL SPAGHETTI

Take the required quantity of spaghetti and place it, end foremost, in boiling salt water, holding the opposite ends in the hand until the spaghetti has softened its full length and settled in the water. Boil hard twenty minutes, then drain and place in a deep bowl.

Add to the spaghetti a liberal amount of but-

ter, salt, pepper and Parmesan cheese. Use two forks and mix well.

Serve hot in original length.

This can be eaten prepared as above, or served with cream sauce or chicken gravy.

SPAGHETTI IN CHEESE CASE

When the center has been used from Edam cheese, save the shell or case for serving spaghetti.

Put in boiling water amount of spaghetti required and cook about twenty minutes, then drain off the water. Pour cold water over the spaghetti and drain again. Now fill the shell with the spaghetti and cover this with cream or tomato sauce seasoned to taste. Bake fifteen or twenty minutes in a moderately hot oven.

Serve on a napkin or doilie.

NOTE.—This case or shell may be used again if carefully handled.

NUTS

Nuts have played such a conspicuous part in the development of primitive man, that an entire book might be written about their history.

It is a fact, much to be regretted, that nuts are “conspicuous by their absence” on the conventional modern bill-of-fare. The nut is generally used as a sort of confection or delicacy; it is looked upon as a welcome touch at the close of a course dinner, but as an item willingly dispensed with.

The nut has fallen into disgrace because it has been given an improper place in the diet. It should constitute the entree of the meatless meal instead of being the last course of the heavy dinner.

The nut is entitled to the highest place in the menu of man, because it is rich in both proteins

and fats, two of the most important nutrients in the chemistry of food.

Nut proteins and fats drawn from the soil and filtered through the bending boughs of southern trees are obviously superior to animal fats and proteins that have come to us through the slaughter of innocent animals in filthy abattoirs and through the circuitous route of chemical preservatives, embalming fluids and cold storage.

PEANUT BUTTER

The humble peanut is one of the best foods known to the science of chemistry. Its nutrient properties are so well balanced that it is placed in three classes, viz: proteins, carbohydrates and fats.

The best peanuts contain about 25 per cent. protein, muscle and tissue-building material; 24 per cent. carbohydrate, nerve, tooth and bone-building material; and from 40 to 50 per cent. fats, heat and energy-producing material.

The humble peanut is, in reality, MEAT, BREAD and BUTTER. It contains:

Protein	25%	(the meat element)
Carbohydrates	...24%	(the bread element)
Fat	51%	(the butter element)

Considering the importance of peanut butter in the diet, and the fact that peanuts vary so widely in quality, for the guidance of our readers it becomes necessary to name some special brand of peanut butter. After thorough investigation we have chosen a brand commercially known as Beech-Nut.

The peanuts of which the Beech-Nut butter is made are roasted under heat scientifically controlled, then they are blanched and thoroughly cleansed. Next they are run through a delicate little machine which splits them and removes the germ or heart which, on account of an essential oil, is slightly bitter. This removes the only objectionable thing from this wonderful little nut, and refines Beech-Nut peanut butter to 100 per cent. perfection.

BAKED CHESTNUTS

Prick the shell with a pen knife and bake in a moderately hot oven for fifteen or twenty minutes, shaking occasionally.

Serve hot. Eat with butter or cream.

PUREE OF CHESTNUTS WITH WHIPPED CREAM

Boil shelled chestnuts until tender. Press through a colander into a dish. Sprinkle with sugar and a bit of nutmeg.

Cover with whipped cream and serve.

SHELLED DRIED CHESTNUTS BOILED

Wash the amount of dried shelled chestnuts desired. Add just sufficient water to prevent burning and boil until tender; drain. Remove the lid of vessel and hold over the blaze until dry and mealy.

Serve hot with butter.

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TO SALT ALMONDS

Dip the almonds in boiling water until the skins will rub off. Place them in a pan, salt slightly and place in oven until lightly browned and crisp.

MEAT SUBSTITUTES

VEGETABLE ROAST

1 teaspoon of sage	2 eggs, whipped
1 cup of puree of pea	1 cup of tomato juice
½ cup of browned flour	1 cup of puree of lentils
2 tablespoons of cream	1 tablespoon of celery salt
1 cup of chopped or grated nuts	2 tablespoons of grated onions
½ cup of Beech-Nut Peanut Butter	½ cup of toasted bread crumbs
1 teaspoon of salt	

Cook peas and lentils and put through a colander. Add all the ingredients to the pea and lentil purée, and last add the whipped eggs.

Put in a well-oiled bread pan or make into a loaf.

Bake until brown and serve with a brown sauce.

BEAN ROAST

1 lb. cooked kidney beans	1 cup of strained tomato
1½ lb. grated cheese	1 medium sized grated
Salt and pepper	onion

Put the beans through a colander, then add cheese, tomato juice, salt, pepper and bread crumbs sufficient to make into a roll. Bake in a moderate oven, basting occasionally with butter and water. Serve with tomato sauce.

CORN ROAST

1 cup of stewed corn	1 cup milk and cream,
2 teaspoons of grated	mixed
onion	2 eggs
1 tablespoon of grated	1½ cup toasted bread
nuts	crumbs
1 teaspoon of sugar	Pepper or paprika

Beat the eggs and add milk and cream, corn, salt and pepper, sugar, bread crumbs and nuts. Mix well and let stand ten or fifteen minutes, then bake in a well-oiled pan thirty-five or forty minutes.

CELERY AND NUT ROAST

2 tablespoons grated onion	1 $\frac{1}{4}$ cups toasted bread crumbs
1 tablespoon grated cheese	1 $\frac{1}{2}$ cup grated or chopped nuts
1 cup of celery, chopped fine	1 tablespoon of salt
1 tablespoon of Beech- Nut peanut butter	2 tablespoons of butter
	1 $\frac{1}{2}$ cups strained tomato

Add all ingredients to the strained tomato; mix well and add the stiffly-beaten eggs.

Bake in a well-oiled tin about thirty-five or forty minutes.

Serve with cream or parsley sauce.

NUT LOAF

1 pint milk	1 envelope Knox Spark- ling Gelatine
1 egg	
1 cup cooked rice	1 cup walnut meats
1 $\frac{1}{2}$ cup bread crumbs	1 $\frac{1}{2}$ teaspoon salt
1 cup pecan meats	

Soak the gelatin in half a cup of cold milk and dissolve in one and a half cups of hot milk. Mix thoroughly the rice, bread crumbs, nuts and salt, and add the egg beaten until light. Place in double boiler and cook fifteen minutes; then add gelatine and milk. Turn into mold, which has been dipped in cold water, and cool.

NUT ROAST

1/2 cup chopped pine nuts	1/2 cup of cream
2 eggs	1 1/2 cups of milk
1 teaspoon sage	1 1/4 cups dried bread
Salt and pepper	crumbs
1/2 cup of chopped Eng- lish walnuts	1 tablespoon grated onion

To the milk and cream, add the grated bread crumbs, onion, salt, pepper, sage, egg yolk, and nuts, and last add stiffly-beaten eggs and put in well-oiled tin.

Bake thirty-five or forty minutes and serve with any sauce desired.

PEANUT ROAST

1 qt. bread crumbs	1 tablespoon of salt
2 medium sized onions	1 cup of milk
2 cups mashed potatoes	1 tablespoon of sage
3 eggs	Pepper
2 cups Beech-Nut peanut butter	

Slice the bread, dry out in oven and grate. Mix gradually and thoroughly the peanut butter and milk. Stir in the bread crumbs, grated onion, mashed potatoes and seasonings, and last add the eggs thoroughly whipped. Mix well and turn into a well-oiled bread tin and bake about an hour, then loosen the sides with a knife and turn upside down on a platter and place a wet cloth over it and allow to stand five or ten minutes. Garnish with parsley and jelly.

CORN MEAL CUTLETS

1 egg	1 cup bread crumbs
1 tablespoon milk	Corn meal mush
Parsley	Spaghetti

Cut mush in shapes like cutlets, put small pieces of spaghetti in for bones. Dip cutlets into the egg, and then into bread crumbs. Place in well-buttered pan in oven to brown.

A bit of chopped parsley may be sprinkled over cutlet before serving. Serve with maple syrup or butter.

BEAN AND NUT LOAF

1 cup dried lima beans	2 tablespoons butter
1½ cups bread crumbs	1 cup pignolias (pine nuts)
1 tablespoon chopped parsley	Sage and salt to taste
1 teaspoon of peanut butter	1 tablespoon grated onion
	3 eggs

Soak beans over night and bake in casserole dish until tender, allowing the water to cook out dry. Mash through colander. Season with butter, salt, pepper, sage, onion, parsley, bread crumbs and pine nuts, which have been roasted and grated. Whip the eggs and fold in. Put all in well-oiled pan and bake until brown.

COWPEAS

Cowpeas are so called because they were brought into popular notice as a food for stock, principally for cattle.

Of all the legume family, the cowpea is the most thrifty and prolific. They not only yield a larger per cent. of shelled peas than any other legume, but the vines make an excellent hay for stock, and the roots enrich the soil with nitrogen.

The dried cowpea contains 21% of protein, 1½% of fat, 60% of carbohydrates and yields 1,500 calories to the pound.

The cowpea is sometimes called the black-eyed pea, though some varieties have white eyes. They are grown extensively in the South and compose one of the popular Southern dishes.

They are especially recommended as a substitute for meat, containing as they do 21% of protein, which is essentially the meat element.

This valuable legume can be used in many ways, some of which are given in the recipes following:

BAKED COWPEAS

Cover one quart dry cowpeas with water and boil slowly for thirty minutes. Put them into a bean pot, add half pound of salt pork, one tablespoonful of molasses and a small onion chopped fine. Cover with water and bake slowly two or three hours. It is well to have the pot covered except during the last hour, when the beans should brown.

The salt pork may be omitted, and two or three tablespoons of butter may be added instead.

COWPEA SOUP

2 tablespoons butter	1 cup dry cowpeas
1 tablespoon grated onion	Salt and pepper
1 stalk celery, finely chopped	$\frac{1}{2}$ teaspoon of sugar

Soak the peas over night in water enough to cover, drain, cover with water again and cook until tender. Mash through a sieve. Fry the vegetables in the butter and add to the strained peas. To this add water enough to bring it to the consistency desired.

Thicken with one tablespoonful of flour which has been dissolved in a little water. Reheat and serve.

PURÉE OF COWPEAS

Soak one pint of dry cowpeas in cold water over night. Add just enough water to barely cover and cook until soft, or until the water has cooked out, then drain and mash through a sieve. Season with salt, pepper, half a cupful of cream (or milk and a tablespoonful of butter or other fat) and two teaspoonfuls of brown sugar, one small onion grated.

Beat thoroughly, reheat, and serve like mashed potatoes.

COWPEAS AND CHEESE ROAST

2 tablespoons butter	2 cups cooked cowpeas
1 tablespoon grated onion	1/2 cup grated cheese
1 teaspoon peanut butter (Beech-Nut preferred)	Salt, pepper and a bit of sugar
1 tablespoon finely chopped	sweet, green pepper or celery

Cook the peas and press them through a sieve, add the cheese. Cook the onion and pepper, or celery, in the butter (or other fat), being careful not to brown; now add them to the peas and cheese. Shape into a roll, place on a buttered dish and cook in a moderate oven until brown, basting occasionally with butter (or other fat). Serve hot or cold with any sauce desired. Excellent meat substitute and a very economical dish.

RICE AND COWPEAS

Boil one quart of cowpeas thirty minutes and drain, as the first water has a strong, disagreeable taste.

Cover with water again, season with butter, salt, pepper and a bit of grated onion and cook until tender.

Boil one pint of rice until tender, drain and pour cold water over it to wash the starch out. Now place the rice in the oven to reheat, then mix both rice and peas and over all sprinkle a little grated cheese, reheat and serve.

NOTE.—The Southerner usually boils a ham bone with the peas, which gives it a delicious flavor.

CANAPÉS

Canapés can be made in endless variety by cutting bread into fancy shapes, sautéing or toasting, and garnishing with anything in the form of meat, fish, vegetables, fruit, pickles, eggs, etc. Canapés are served as a first course.

PEANUT BUTTER CANAPÉS

Toast	Mayonnaise dressing
Peanut butter	or
Pimentos	Cream cheese
Green peppers	

Spread the toast with peanut butter and place over this strips of pimentos and green peppers. A piping of the dressing or cream cheese can be placed around the edge with a pastry bag.

SARDINE CANAPÉS

Hard-boiled eggs	Sardines
Pimentos	Toast

Grate the white and yolk of eggs separately. Place the grated white on half of the toast and the grated yolk on the other half; between this place a sardine and across the white of egg, lay a narrow strip of pimentos. Garnish with ripe olives.

SALMON CANAPÉS

Smoked salmon	Toast
Hard-boiled eggs	Cream cheese eggs
Pimento	Stuffed olives

Spread over the toast thin slices of smoked salmon and decorate any way desired with eggs, pimento, cheese eggs and olives.

CAVIAR CANAPÉS

Caviar	Hard-boiled egg
Toast	Green peppers
Onion	Ripe olives

Cut the boiled egg in half, remove the yolk, fill the center with caviar. Chop a bit of onion, green pepper, ripe olives and mix with mayonnaise or French dressing. Spread this over the toast and place half of egg on each slice. Garnish with ripe olives.

CRAB MEAT CANAPÉS

Mince crab meat and mix with mayonnaise dressing. Spread on the toast and sprinkle a few pieces of chopped green peppers and pimentos over it.

TOMATO CANAPÉS

Tomatoes	Cream cheese
Toast	Parsley
	Onion

Season the cheese with salt, paprika, pepper and a bit of grated onion. Mash well and spread on the toast. Place a slice of tomato on the toast, season with salt and pepper. Around the tomato, make a fancy piping of mayonnaise. Place two or three tiny cheese eggs on the top which have been rolled in chopped parsley.

HORS D'OEUVRES

Hors d'oeuvres can be made from the same material and in the same way as canapes. They are usually smaller and served from a compartment platter or a glass dish.

SMALL HORS D'OEUVRES

Tomatoes and anchovies. Cover tomato slices with grated hard-boiled egg yolks. Over this place anchovies which have soaked in French dressing. Garnish with strips of the egg white.

CUCUMBER CUPS

Peel cucumber, and cut into lengths about one

and a half inches long. Scoop out the centre, leaving a little at the bottom to form a cup. Fill this with caviar, which has been standing for a while in French dressing. Garnish with minced cress.

STUFFED EGGS

Cut hard-boiled eggs in halves, remove the yolks. Fill the egg whites with shredded shrimps, which have been mixed with mayonnaise dressing. Around the stuffed eggs, place rings of grated egg yolks and strips of pimentos.

SMALL STUFFED TOMATOES

Cut the top from tiny tomatoes and scoop out the center. Fill them with crab meat mixed with mayonnaise. Garnish with rings of green peppers.

ALLIGATOR PEAR IN LEMON CUPS

Peel very ripe alligator pears, cut in dice, and cover with French dressing. Allow to stand an

hour or more, then fill lemon cups which have been scooped out. Garnish with ripe olives and strips of green peppers.

SARDINES IN LEMON CUPS

Skin and bone sardines and cut in small pieces. To this add a little hard-boiled egg, pimentos and green pepper all chopped fine. Mix with mayonnaise and fill the lemon cups which have been scooped out. Garnish with ripe olives and strips of pimentos.

WEIGHTS AND MEASURES

One cup	=	1/2 pint
4 gills	=	1 pint
2 pints	=	1 quart
2 quarts	=	1/2 gallon
4 quarts	=	1 gallon
16 ounces	=	1 pound
2 1/2 cups powdered sugar	=	1 pound
2 cups granulated sugar	=	1 pound
1 pint of water	=	1 pound
1 pint of wheat	=	1 pound
1 pint of corn meal	=	1 pound
10 eggs	=	1 pound
One water glass	=	1/2 pint
4 cups of flour or 1 quart	=	1 pound
1 rounding tablespoon of flour	=	1/2 ounce
1 rounding tablespoon of sugar	=	1 ounce
1 rounding tablespoon of butter or shortening	=	1 ounce

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1 tablespoon of liquid	=	1/2 ounce
One wine glass	=	1/2 gill
A dash of pepper	=	1/2 saltspoon
One heaping tablespoon of sugar	=	1 ounce
One heaping tablespoon of butter	=	2 ounces
One cup of butter	=	1/2 pound
1 barrel of potatoes should weigh	=	150 pounds
1 barrel of flour should weigh	=	196 pounds
1 barrel of sugar should weigh	=	350 pounds

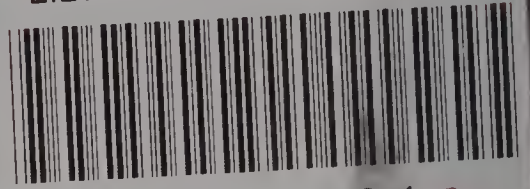
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